

Georgia eHealth Summit



Georgia Health Information
Exchange Inc.



GEORGIA DEPARTMENT
OF COMMUNITY HEALTH

March 12, 2012

Georgia eHealth Summit

Health IT and Your Own Person-Centered Health System

Robert M. Kolodner, MD, FACMI

Chief Health Informatics Officer
Open Health Tools, Inc.

&

Former National Coordinator for Health IT
US Department of Health & Human Services

Agenda

- My Background
- 4 Building Blocks for Our Future Health System
 1. **“Ideal”: A Square Wave Life Curve**
 2. A Systems Perspective on Health
 3. Transforming Health & Health Care
 4. **A Learning Health System**
- The Capstone of Technology Improvement
- Personal Health

My Background

- Physician (Psychiatrist)
- U.S. Department of Veterans Affairs
 - VA Medical Centers
 - Clinical and administrative roles
 - Academic appointments
 - VA Central Office
 - Variety of IT leadership roles
 - CHIO/CMIO – Chief Health [Medical] Informatics Officer
 - CIO (equivalent / acting)
 - Trip to Alaska
- U.S. Department of Health and Human Services
 - National Coordinator for Health IT
- Open Health Tools, Inc.
 - CHIO – Chief Health Informatics Officer
 - Multinational, non-profit organization with diverse participants
 - Improve health and well-being through health IT transformation
 - Vendor neutral open source

Agenda

- My Background
- **Last minute modification – Dr. Morrow’s “Model T”**
- 4 Building Blocks for Our Future Health System
 1. **“Ideal”: A Square Wave Life Curve**
 2. A Systems Perspective on Health
 3. Transforming Health & Health Care
 4. **A Learning Health System**
- The Capstone of Technology Improvement
- Personal Health

FEELING *DISCOURAGED* BY
THE SLOW PACE OF PROGRESS
IN HEALTH IT??

WHAT WAS THE MEDICAL TECHNOLOGY ADOPTION CHALLENGE – A CENTURY AGO?

JAMA – APRIL 21, 1906

AUTOMOBILES FOR PHYSICIANS' USE

*ARE THEY PRACTICAL? ARE THEY DESIRABLE? ARE THEY ECONOMICAL?
ARE THEY BETTER THAN HORSES?*

THE AUTO AS A PHYSICIAN'S VEHICLE.

F. M. CRAIN, M.D.

REDFIELD, S. DAK.

Pp. 1172-3

Graft and Robbery

The Features of an Ideal Car.

An ideal physician's car has not yet been placed on the market. The nearest approach to it, in my opinion, is the

THE PHYSICIAN'S AUTOMOBILE INDISPENSABLE.

HENRY ENOS TULEY, M.D.

LOUISVILLE, KY.

Pp. 1177

JAMA – APRIL 21, 1906

THE AUTO TOO MUCH TROUBLE TO KEEP IN ORDER.

F. A. SWEZEY, M.D.

WAKONDA, S. DAK.

IN my practice, which is entirely country work, I have used, for two seasons, an 8-H.P., one cylinder, water-cooled, gasoline runabout (III), and I find that the automobile is not practical for such work, owing to bad roads and inclement weather. They are more for pleasure than for general business use, and I would not advise any physician in country work to buy one and to rely entirely on it. In night work or in wet or cold weather an auto is very annoying; in fact, I have sold mine, and will never buy another. As my

P. 1174

JAMA – APRIL 21, 1906

THE MOTOR CYCLE FOR THE COUNTRY
DOCTOR.

P. 1197

W. NICHOLAS LACKEY, M.D.
GALLATIN, TENN.

JAMA – APRIL 21, 1906

Relative Cost of Keeping a Horse and an Automobile.

HORSE AND RIGS.

AUTOMOBILE.

RELATIVE FIRST COST OF EQUIPMENT.

Two horses	\$400	Automobile	\$700.00
Buggy, rubber tire	100	Fur robe	20.00
Cutter	50	Heavy lap robe ...	8.00
Cart	25	Summer robe	2.00
Two sets harness	40		
Two day blankets.....	20		
Two night blankets.....	10		
One fur robe	20		
One heavy lap robe	8		
One summer lap robe.....	2		

SUPPLIES FOR ONE YEAR.

Oats, 300 bushels, at 30c..	\$117	Gasoline, 120 gals., at 18c.	21.60
Hay, 2 tons	28	Lubricating oil	4.20
Straw, 6 tons	30	Spark plugs	6.00
Farrier services	75	Inlet valves	4.00

REPAIRS AND HIRED MAN.

Repairs (ordinary)	40	Repairs (average circum-	
Man	100	stances	50.00
		Man	25.00

Total \$1.065

Total \$840.80

No. of months' service, 11

No. of months' service, 10.

These estimations are calculated on a basis of two years' service.

Time saved in making trips, 40 per cent.

P. 1193

JAMA – APRIL 6, 1912

AUTOMOBILE ACCESSORIES AND AIDS TO COMFORT

Vol 58 (14)
P. 1058

WHY WERE THERE NO MORE JAMA “AUTO” ARTICLES AFTER 1912?



Ford Model “T” production began
1 October 1908

WHAT'S OUR PROBLEM TODAY? (HEALTHCARE DELIVERY)

TODAY'S **BEST** ELECTRONIC HEALTH RECORDS

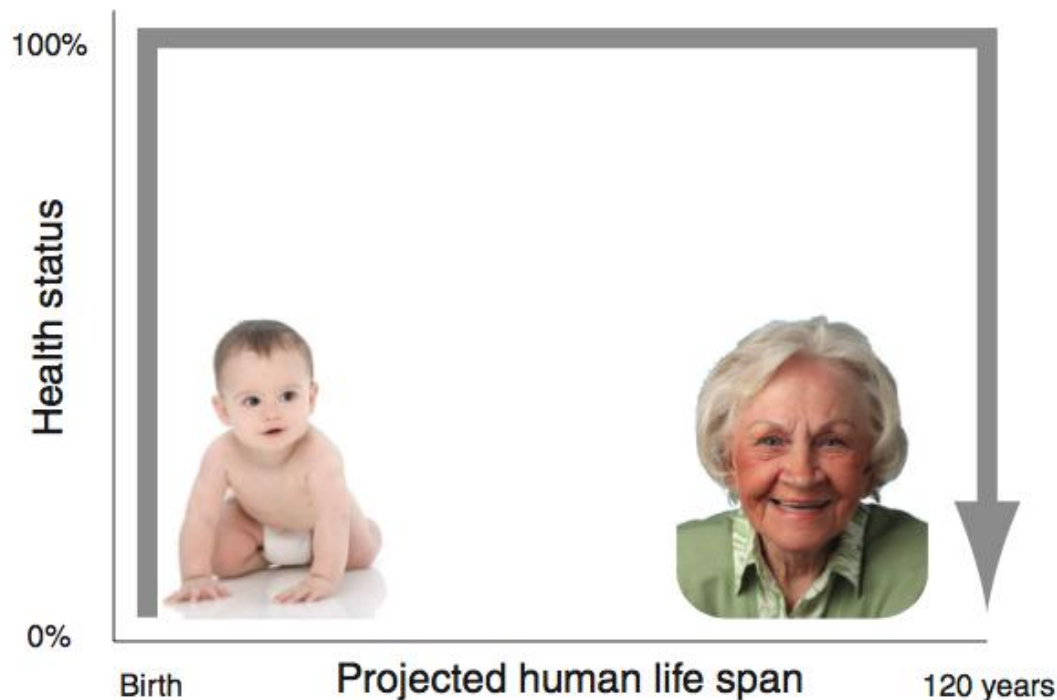


TODAY'S **BEST** ELECTRONIC HEALTH RECORDS



...are not yet a “Model T”

Conceptual Goal: “Square Wave Life Curve”



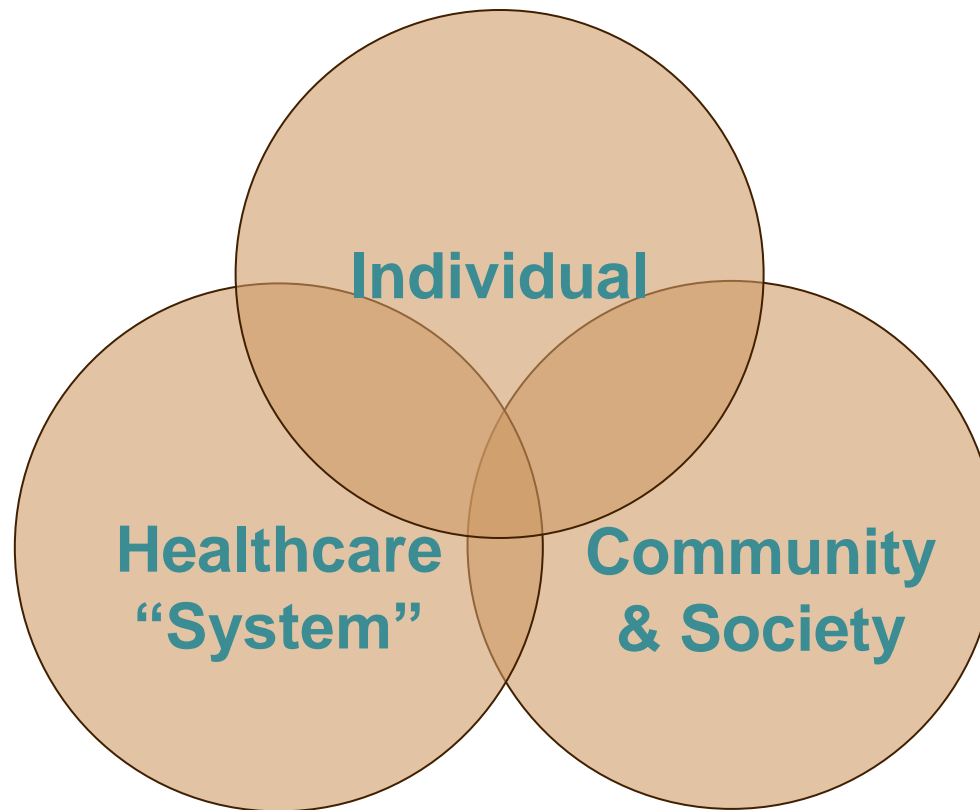
“To achieve this ideal, the health system would have to concentrate more on

wellness,
health,
prevention, and
just plain living,

bringing these factors into balance with the attention currently paid to diagnosing and treating disease.”

From Michael M. E. Johns, “Panel on the Vision for Integrative Medicine: A Summary of the February 2009 Summit” in [Integrative Medicine and the Health of the Public: A Summary of the February 2009 Summit](#), Schultz AM et al., eds., 2009

Health – A Systems Perspective



HEALTH Perspective

- Public health improvements account for the greatest increase in U.S. life expectancy in the 20th Century.
- Only 15% of health status is related to health care.

BRFSS, 1985



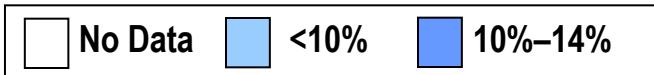
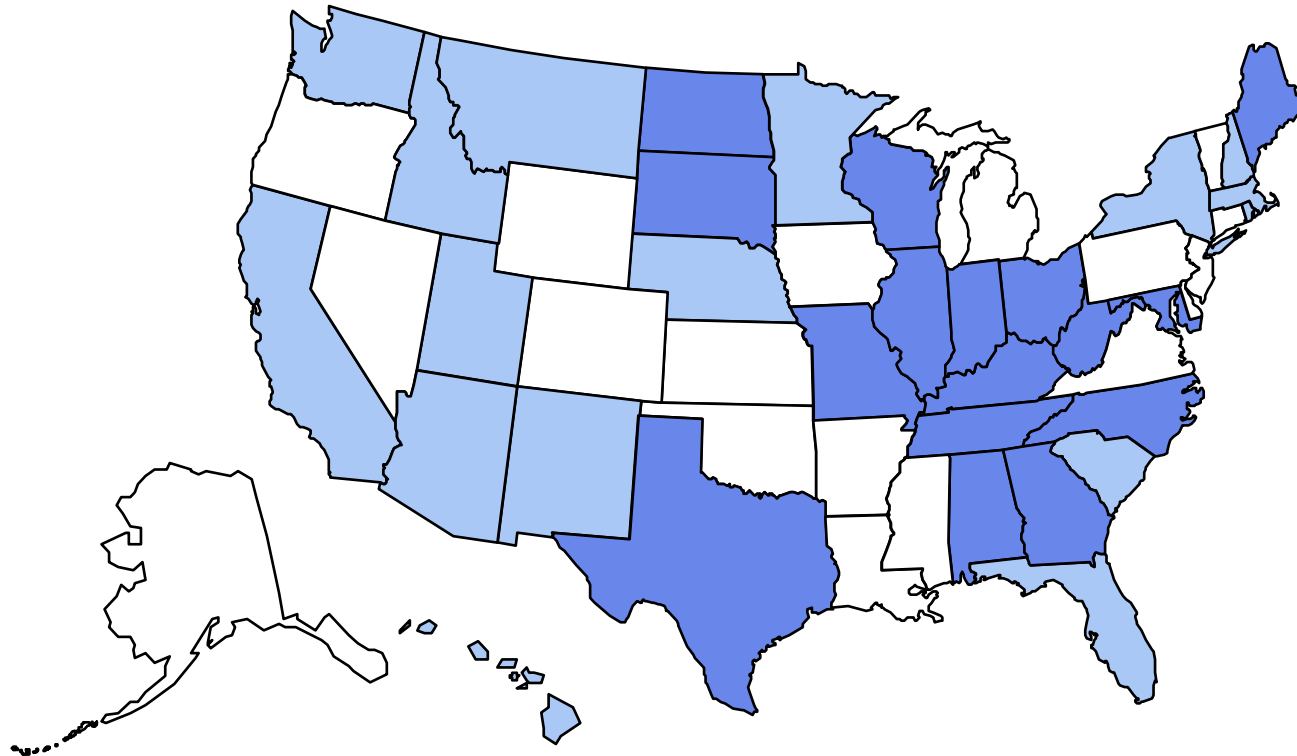
BRFSS, 1986

[illegible]

Obesity Trends* Among U.S. Adults

BRFSS, 1987

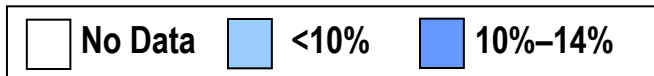
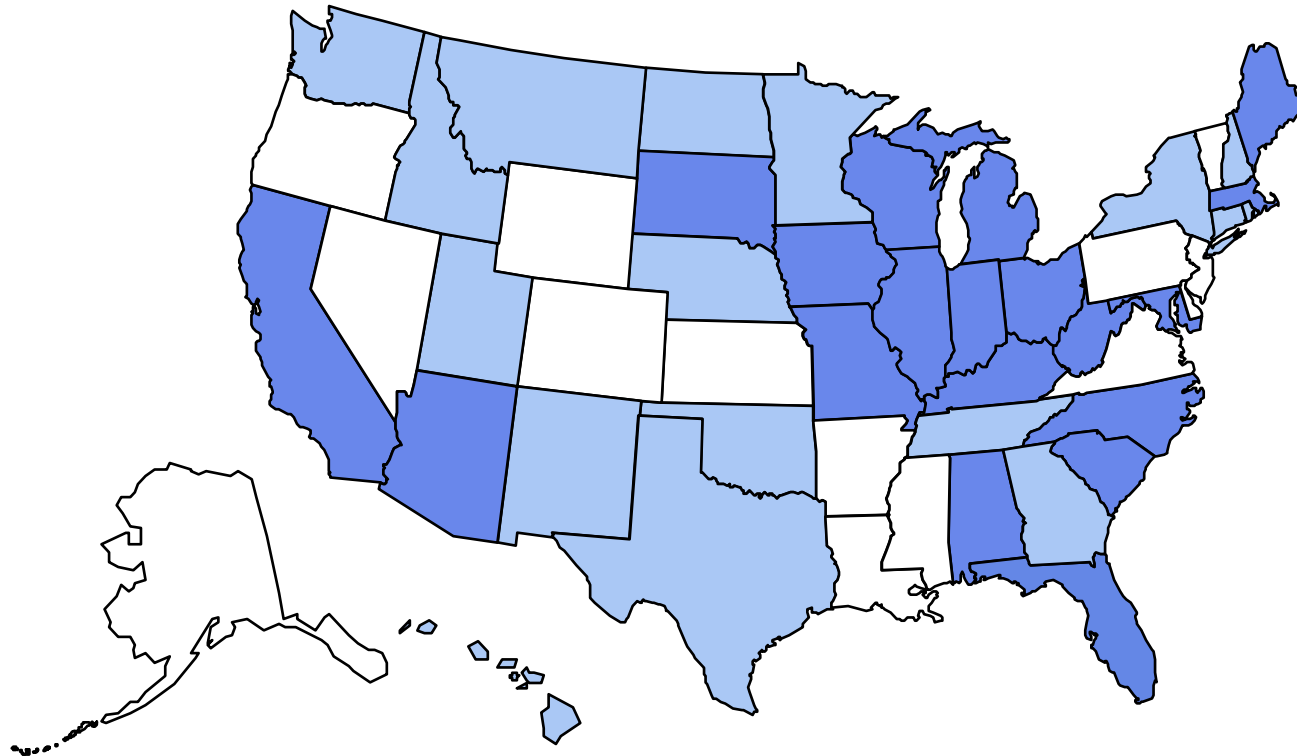
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1988

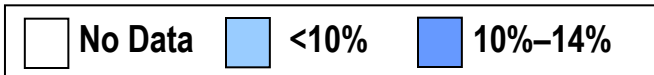
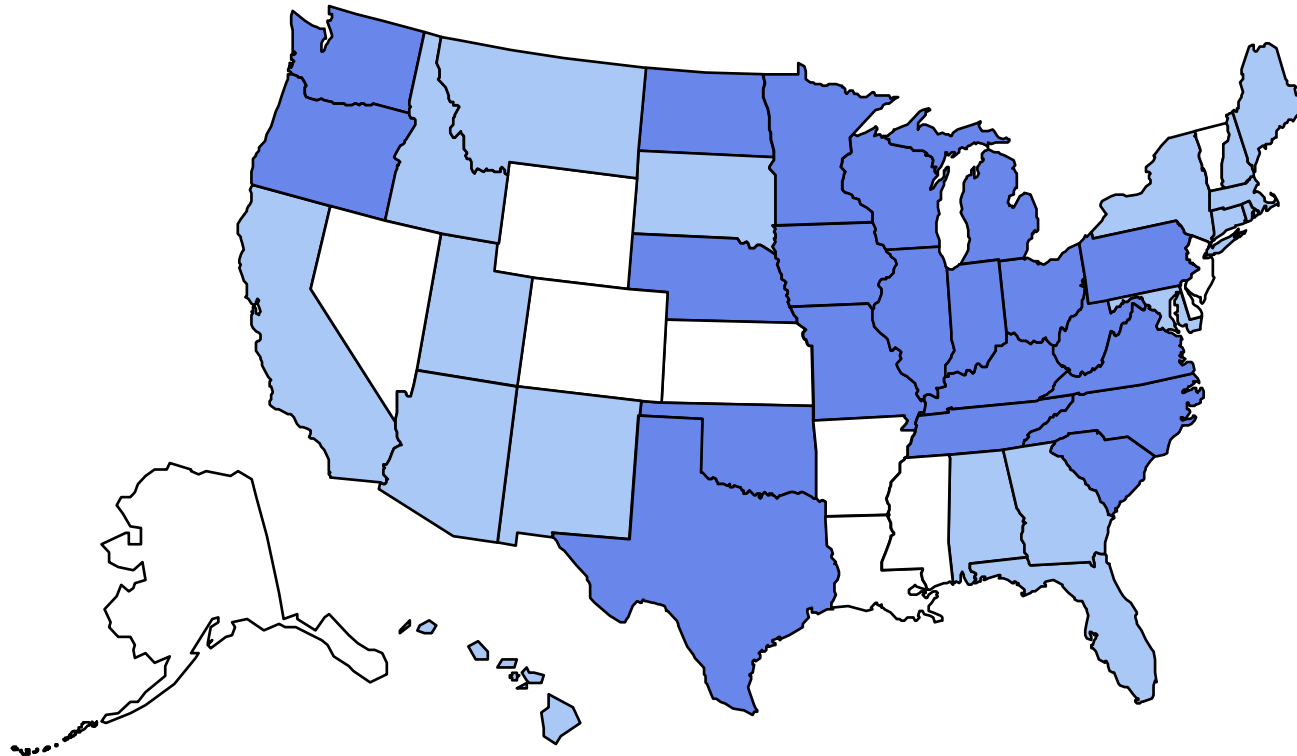
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1989

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



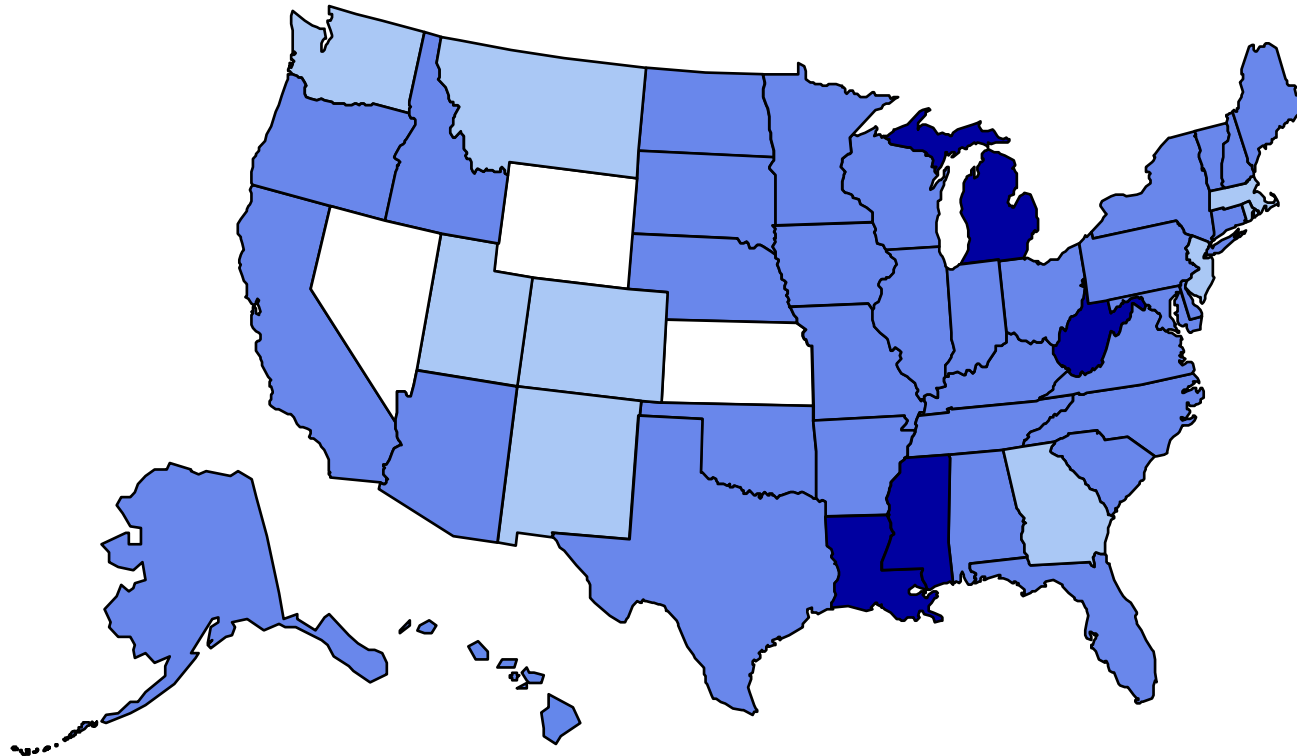
BRFSS, 1990



Obesity Trends* Among U.S. Adults

BRFSS, 1991

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

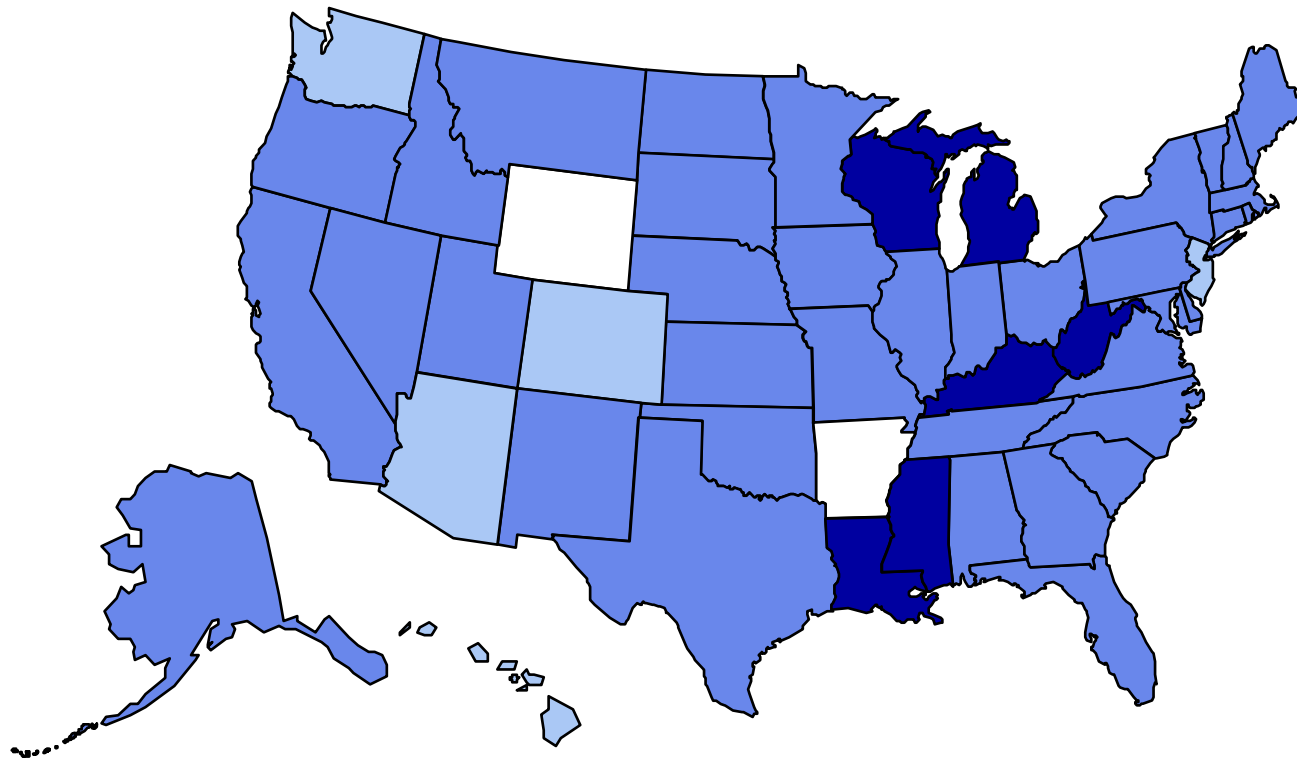


Legend: No Data, <10%, 10%–14%, 15%–19%

Obesity Trends* Among U.S. Adults

BRFSS, 1992

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

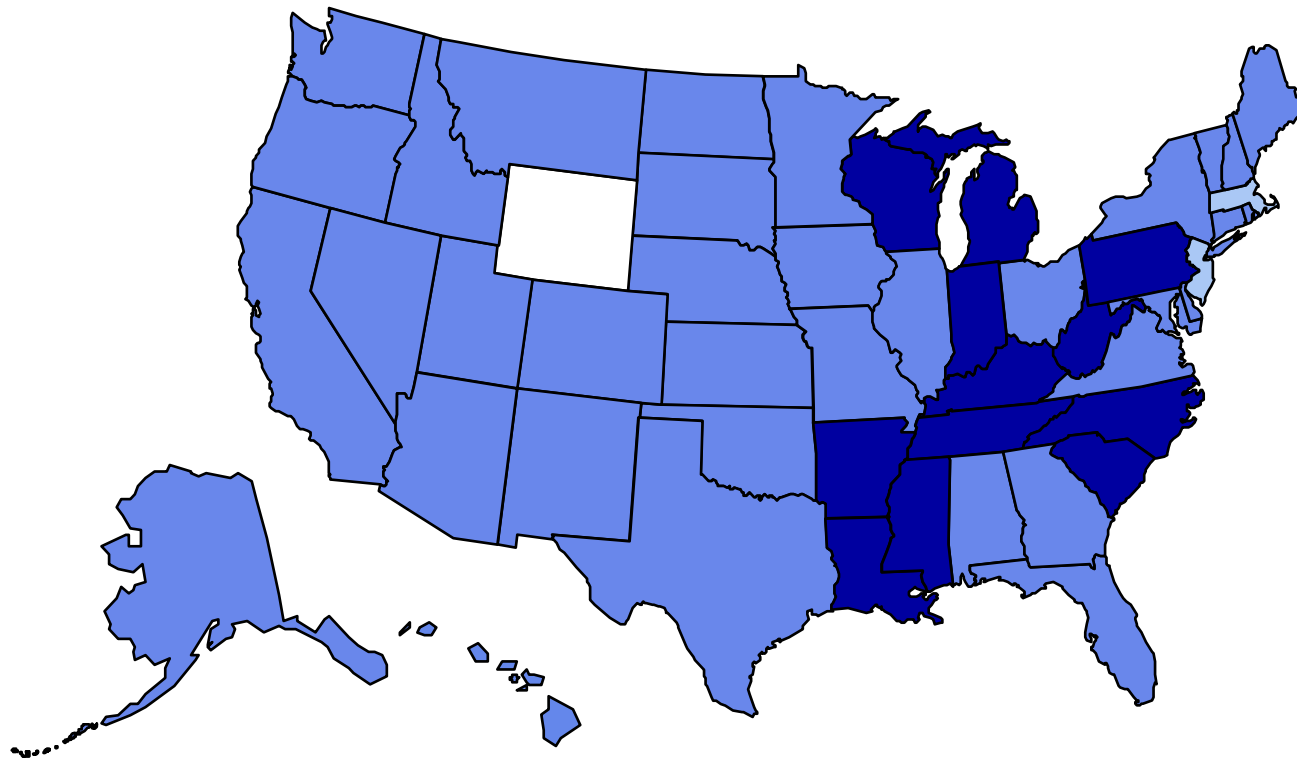


Legend: No Data, <10%, 10%–14%, 15%–19%

Obesity Trends* Among U.S. Adults

BRFSS, 1993

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

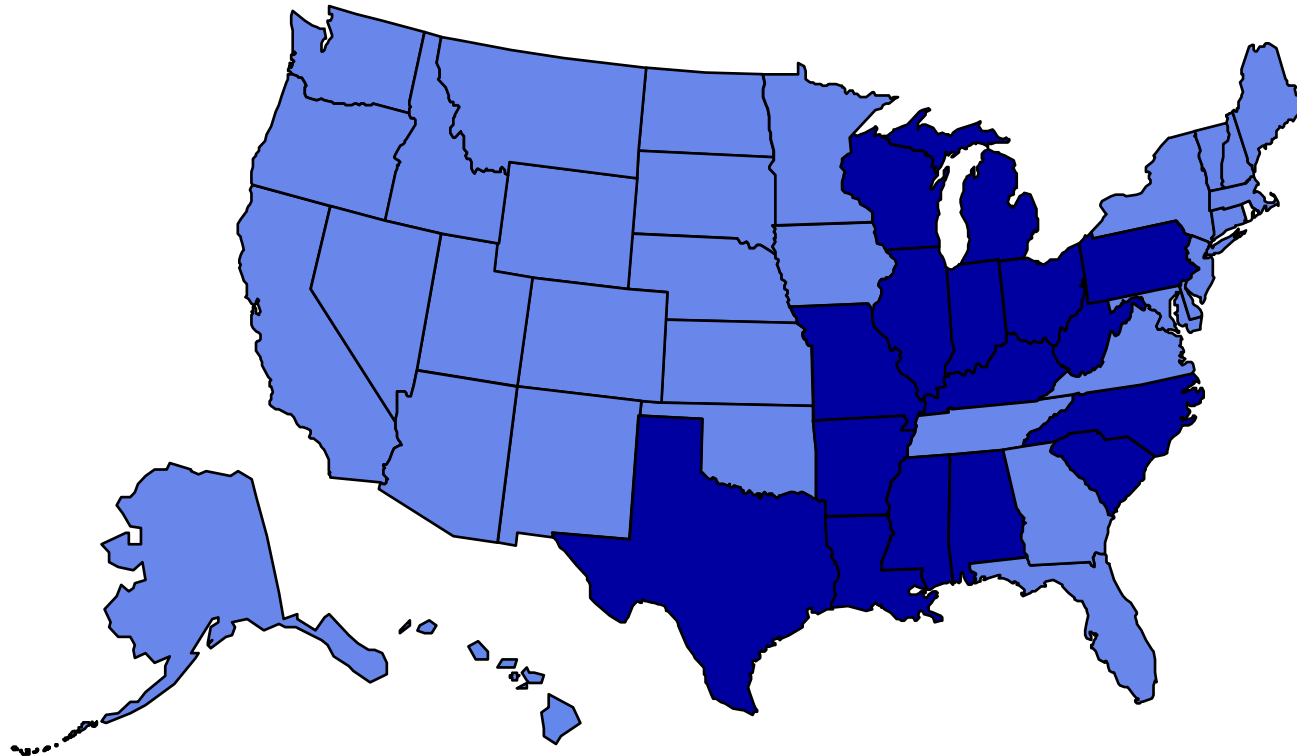


□ No Data ■ <10% ■ 10%–14% ■ 15%–19%

Obesity Trends* Among U.S. Adults

BRFSS, 1994

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

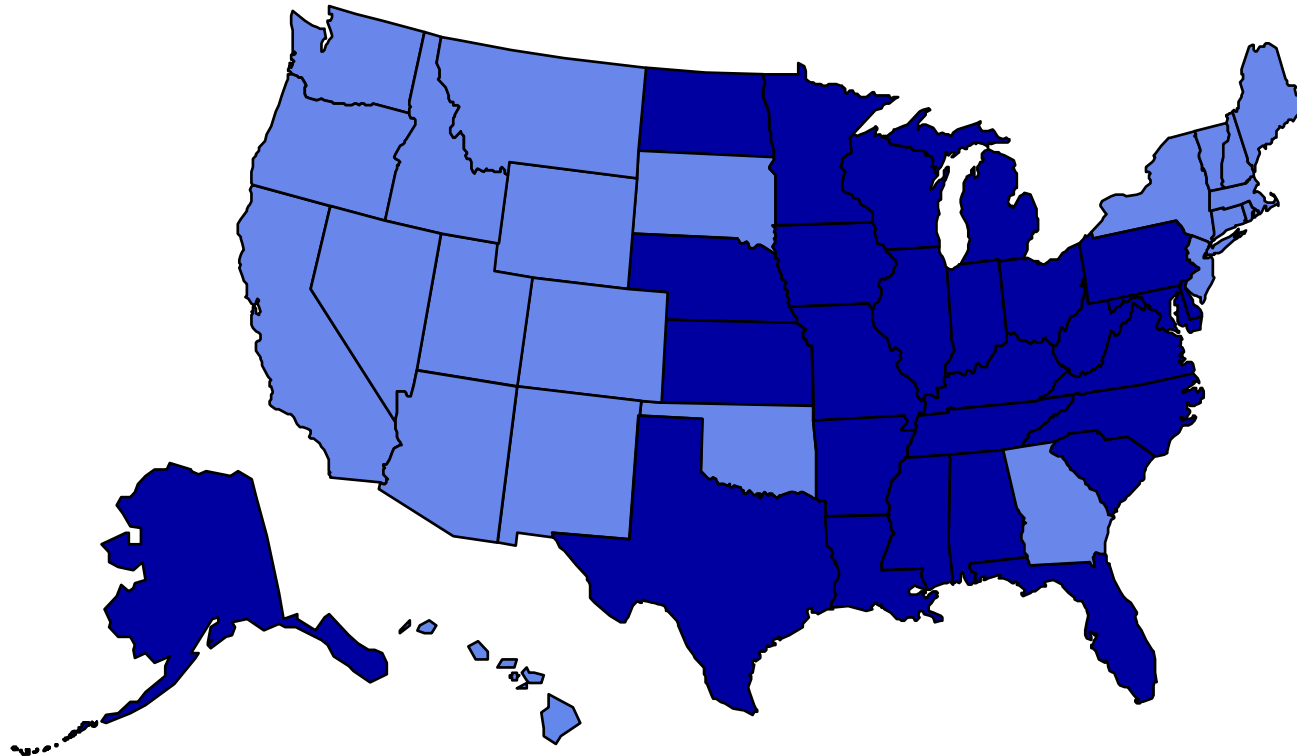


□ No Data <10% 10%–14% 15%–19%

Obesity Trends* Among U.S. Adults

BRFSS, 1995

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

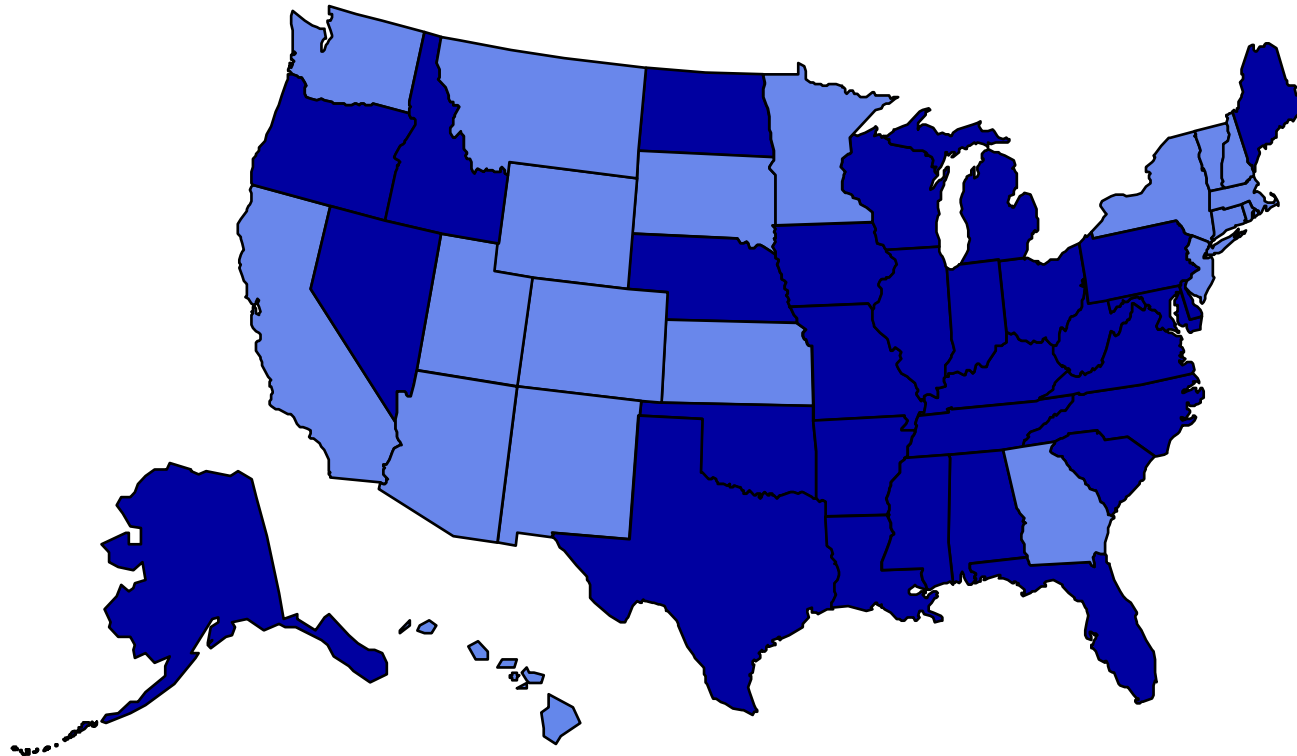


□ No Data □ <10% □ 10%–14% □ 15%–19%

Obesity Trends* Among U.S. Adults

BRFSS, 1996

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



□ No Data □ <10% □ 10%–14% □ 15%–19%

BRFSS, 1997



BRFSS, 1998



BRFSS, 1999



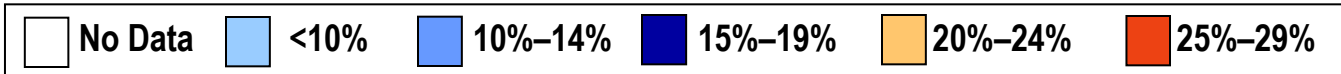
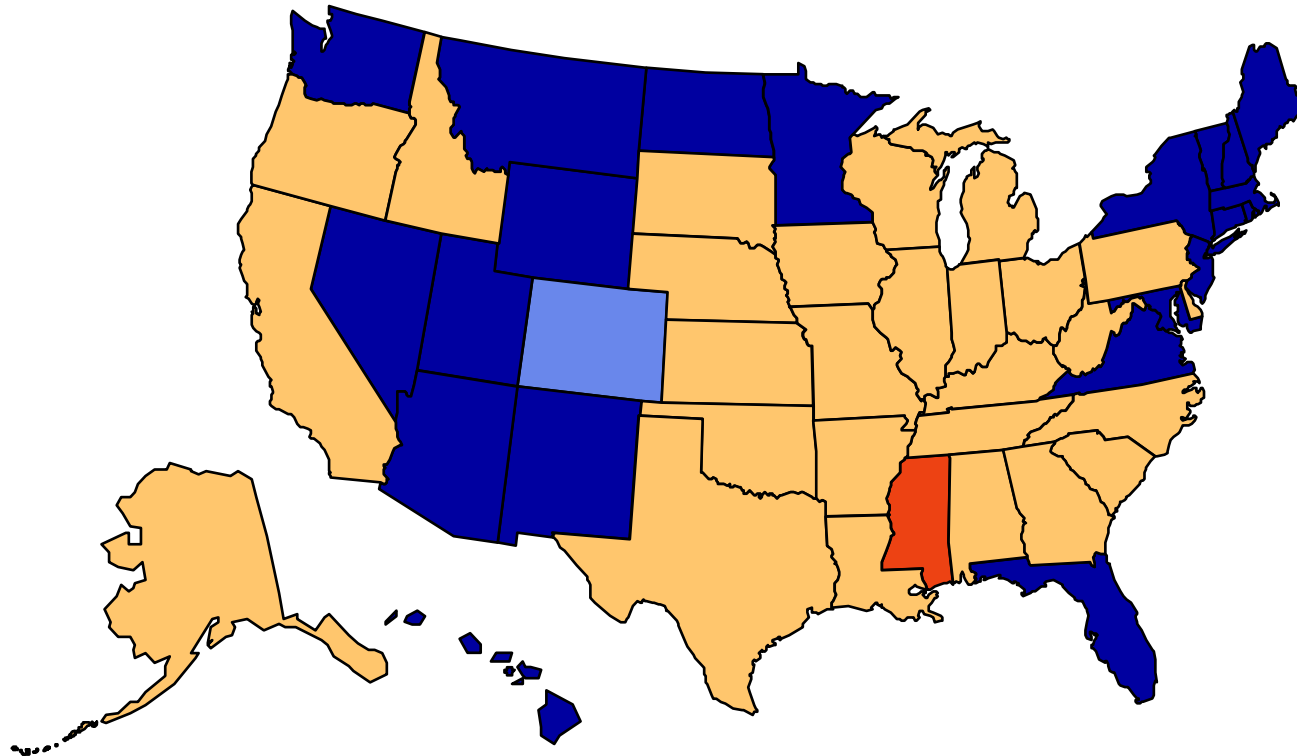
BRFSS, 2000



Obesity Trends* Among U.S. Adults

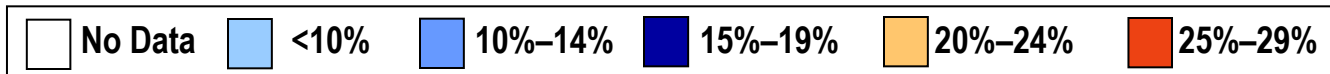
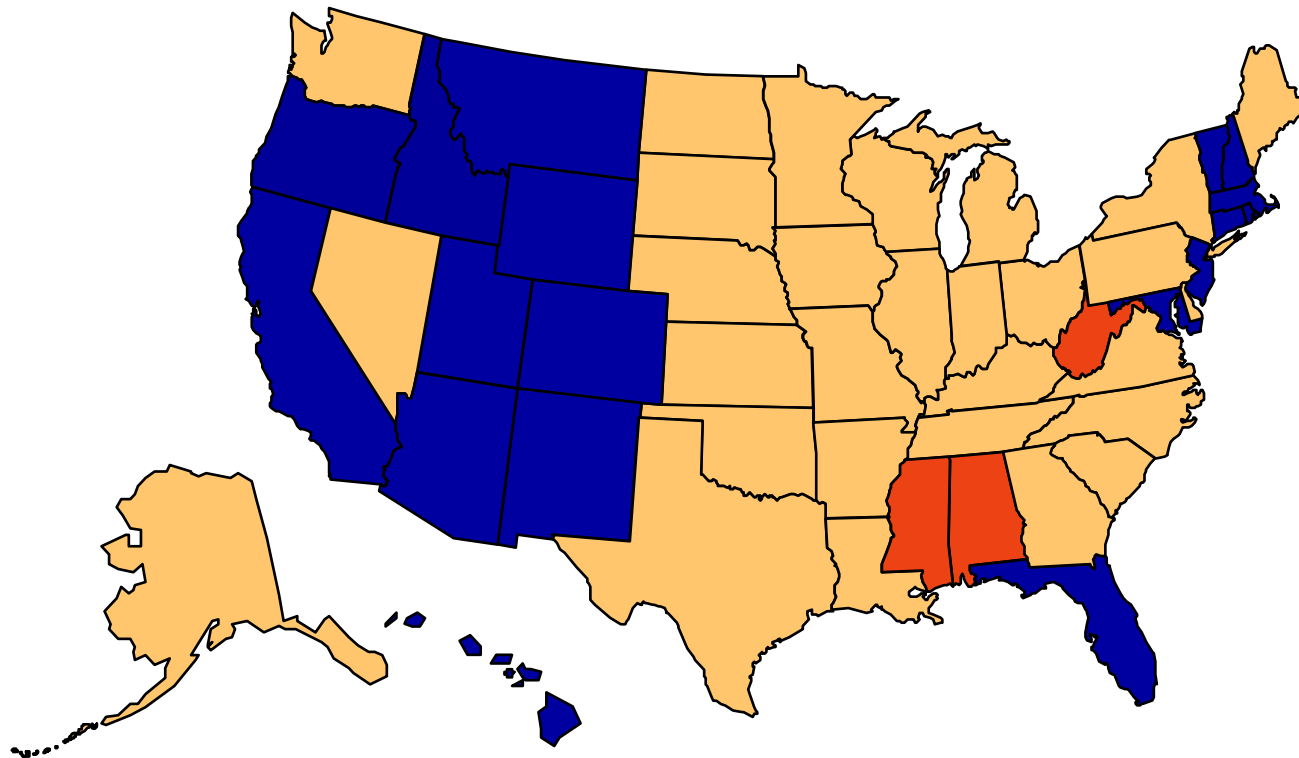
BRFSS, 2001

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



BRFSS, 2002

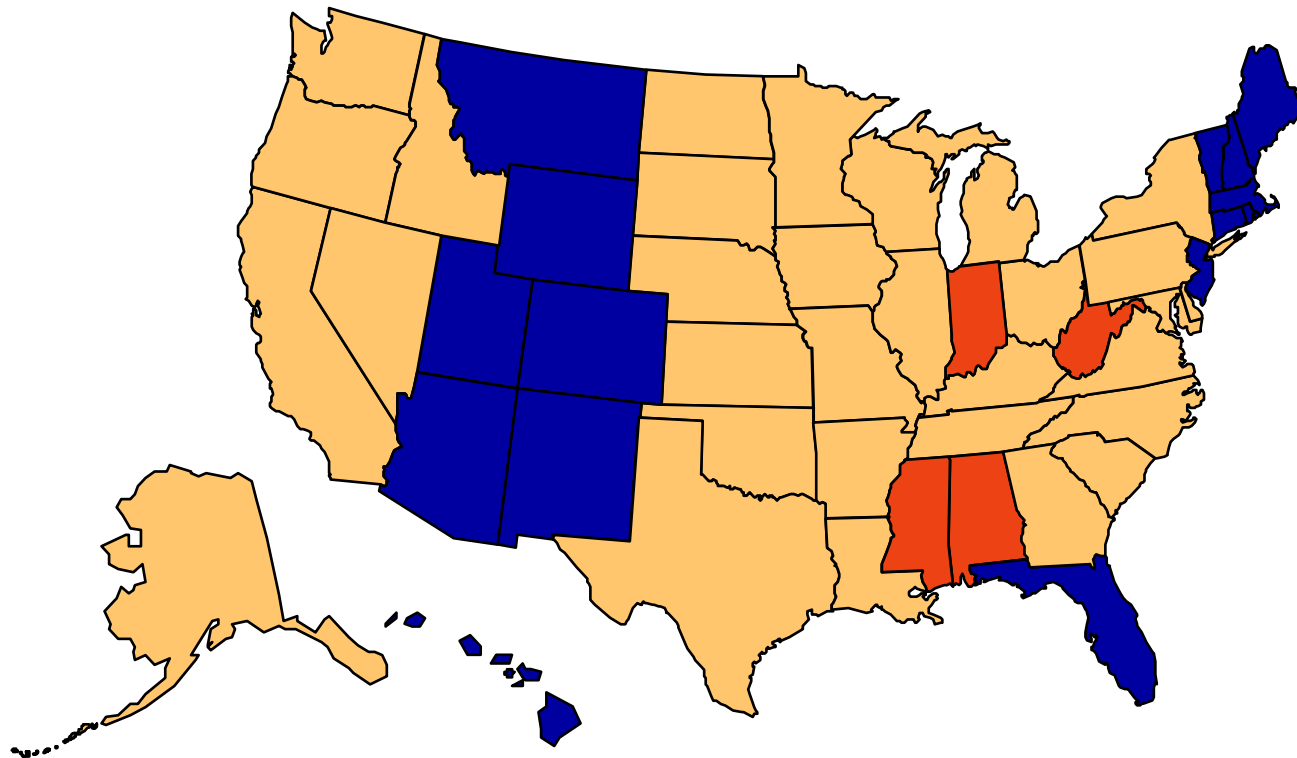
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2003

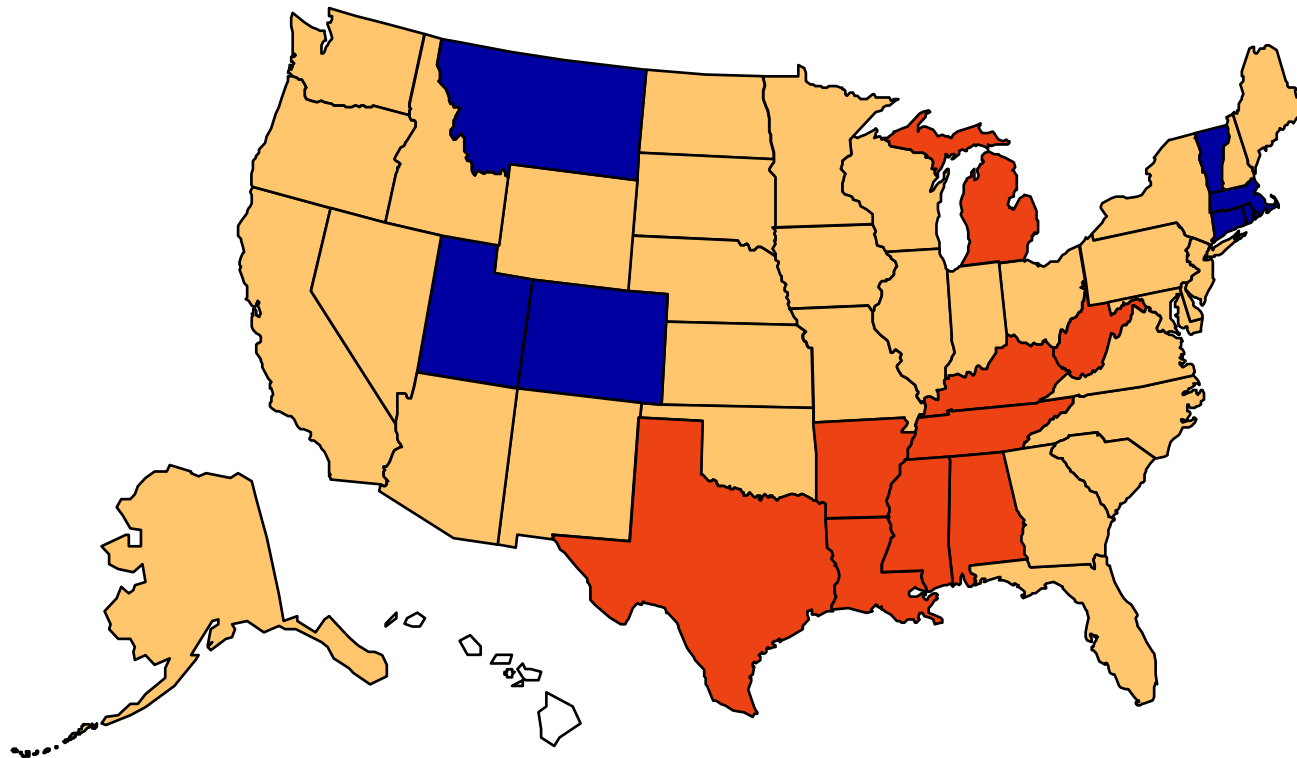
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2004

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

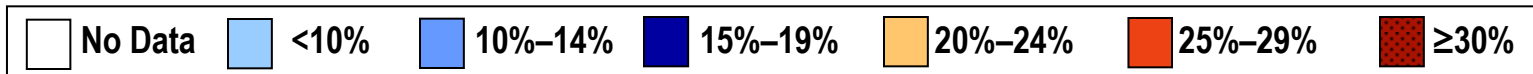
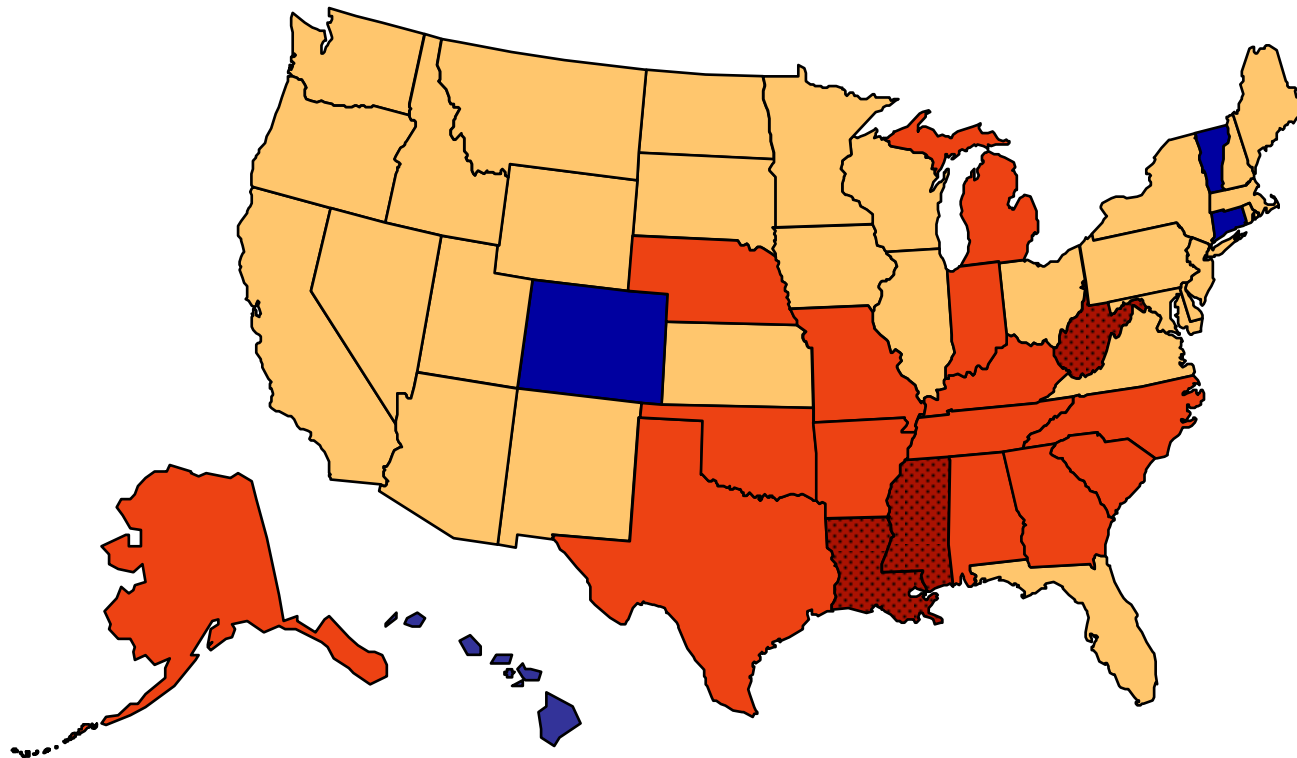


Legend: No Data, <10%, 10%–14%, 15%–19%, 20%–24%, 25%–29%

Obesity Trends* Among U.S. Adults

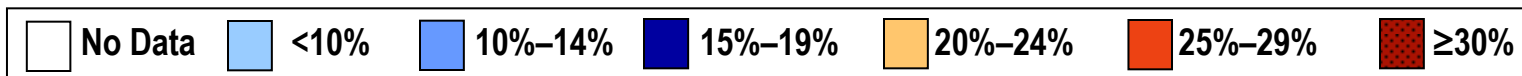
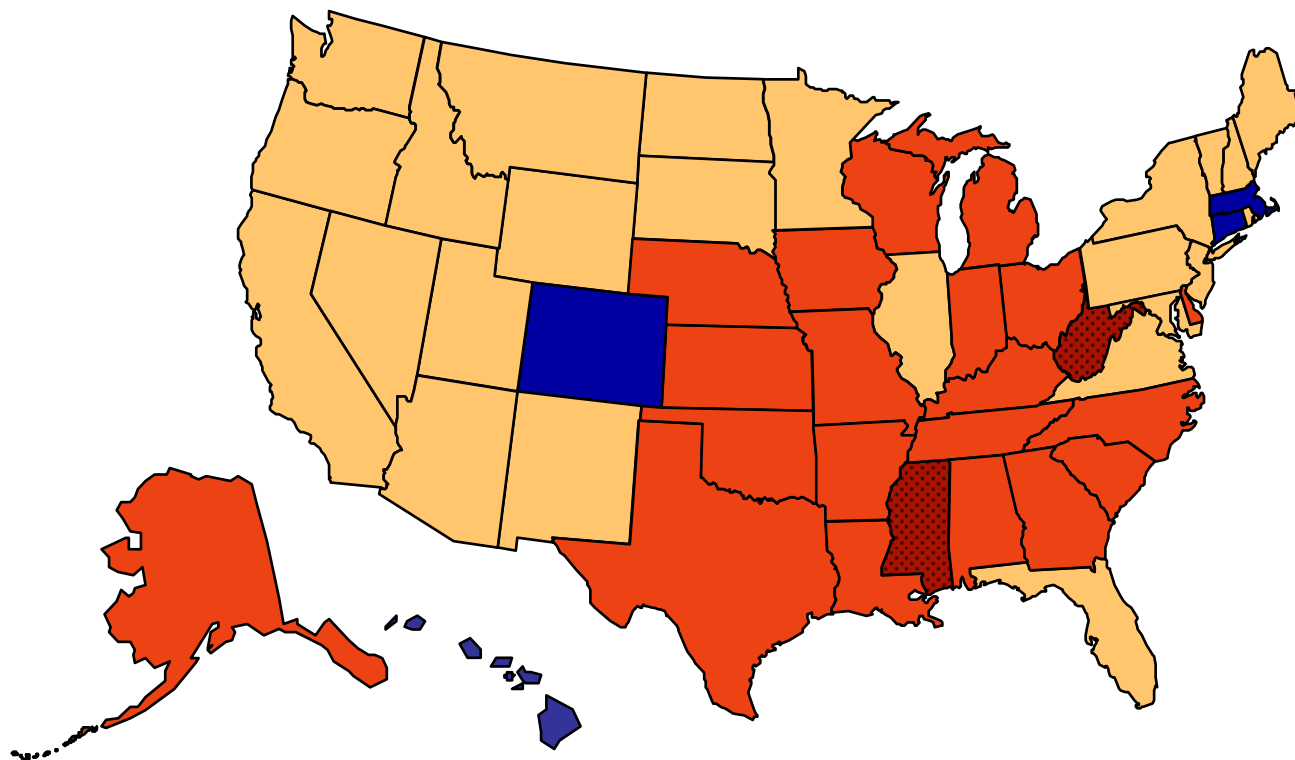
BRFSS, 2005

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



BRFSS, 2006

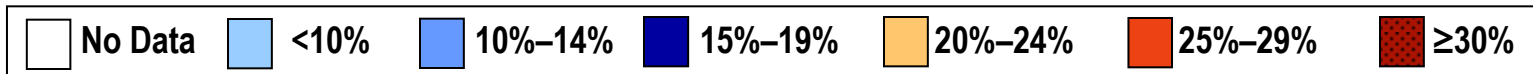
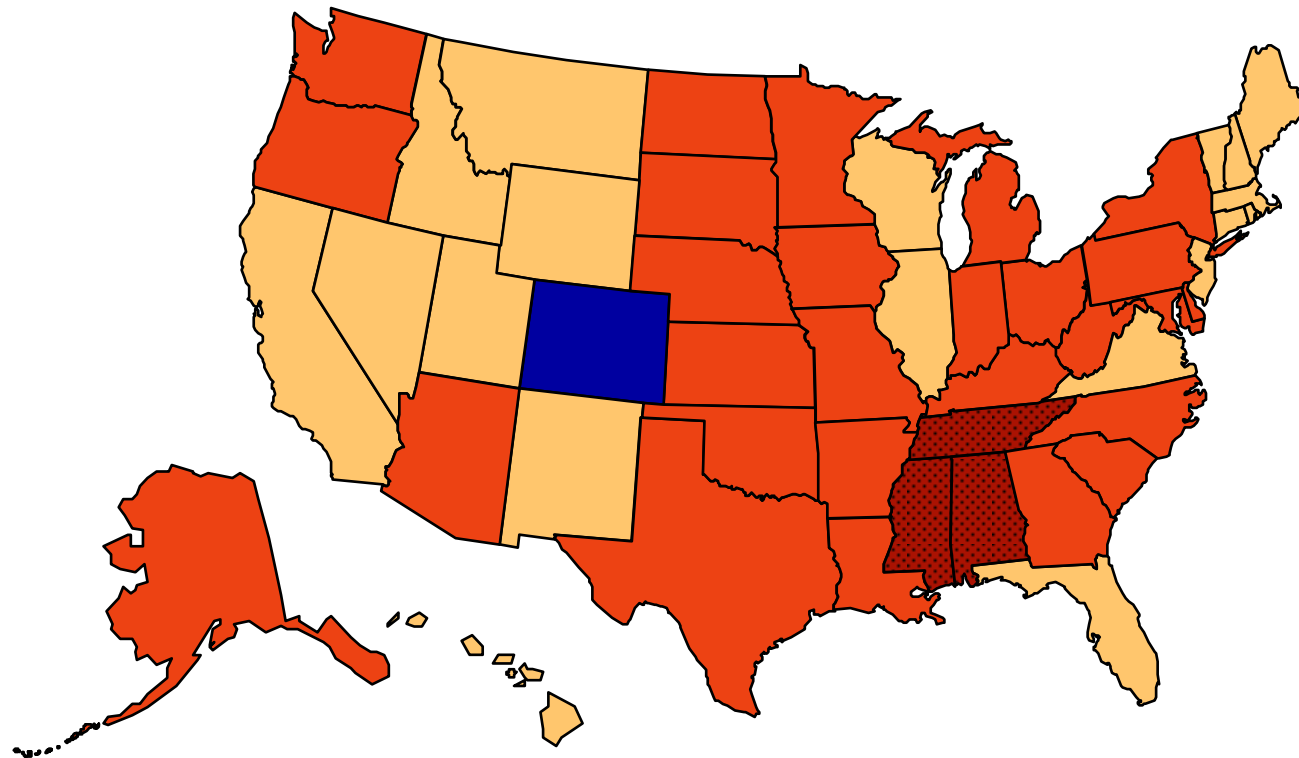
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

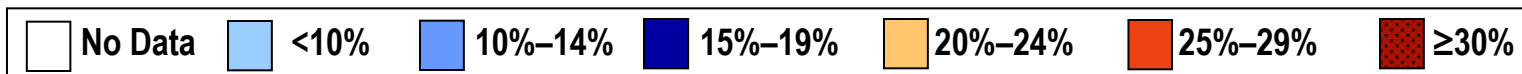
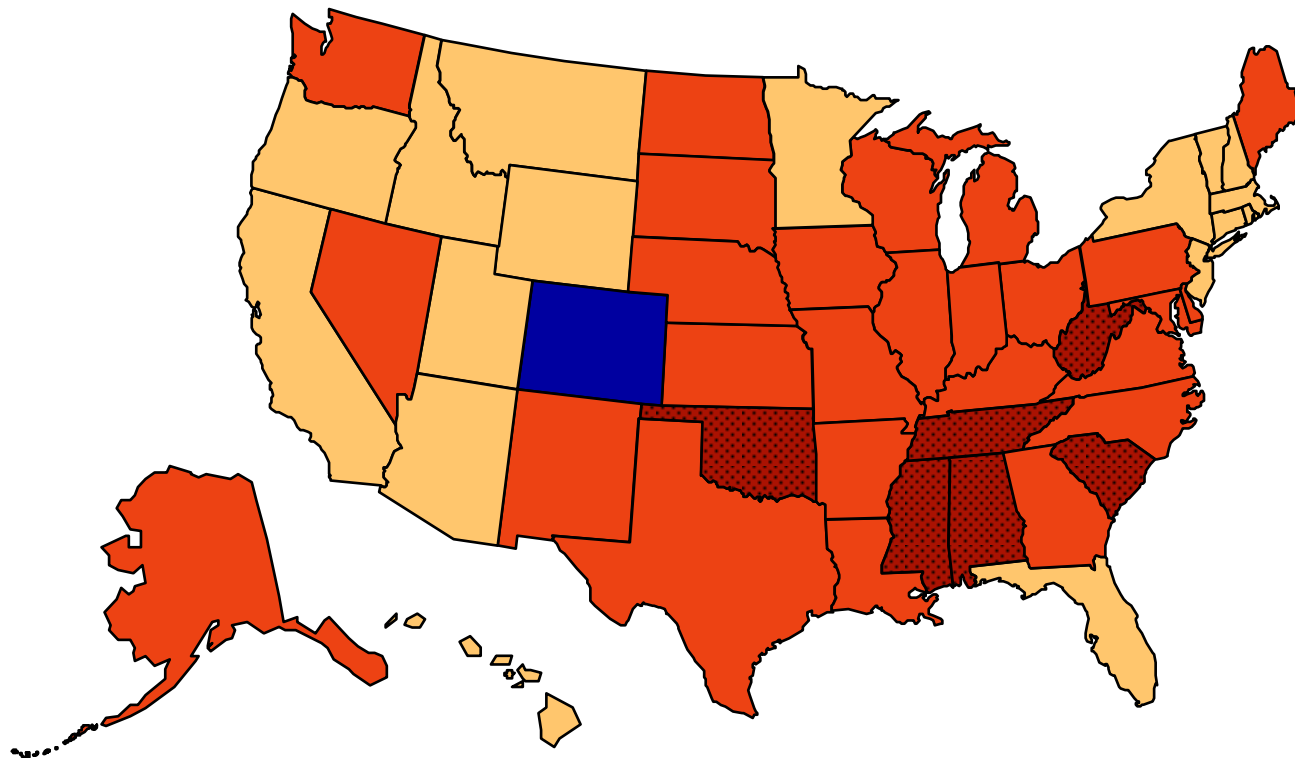
BRFSS, 2007

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



BRFSS, 2008

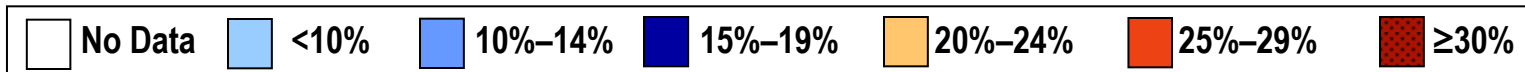
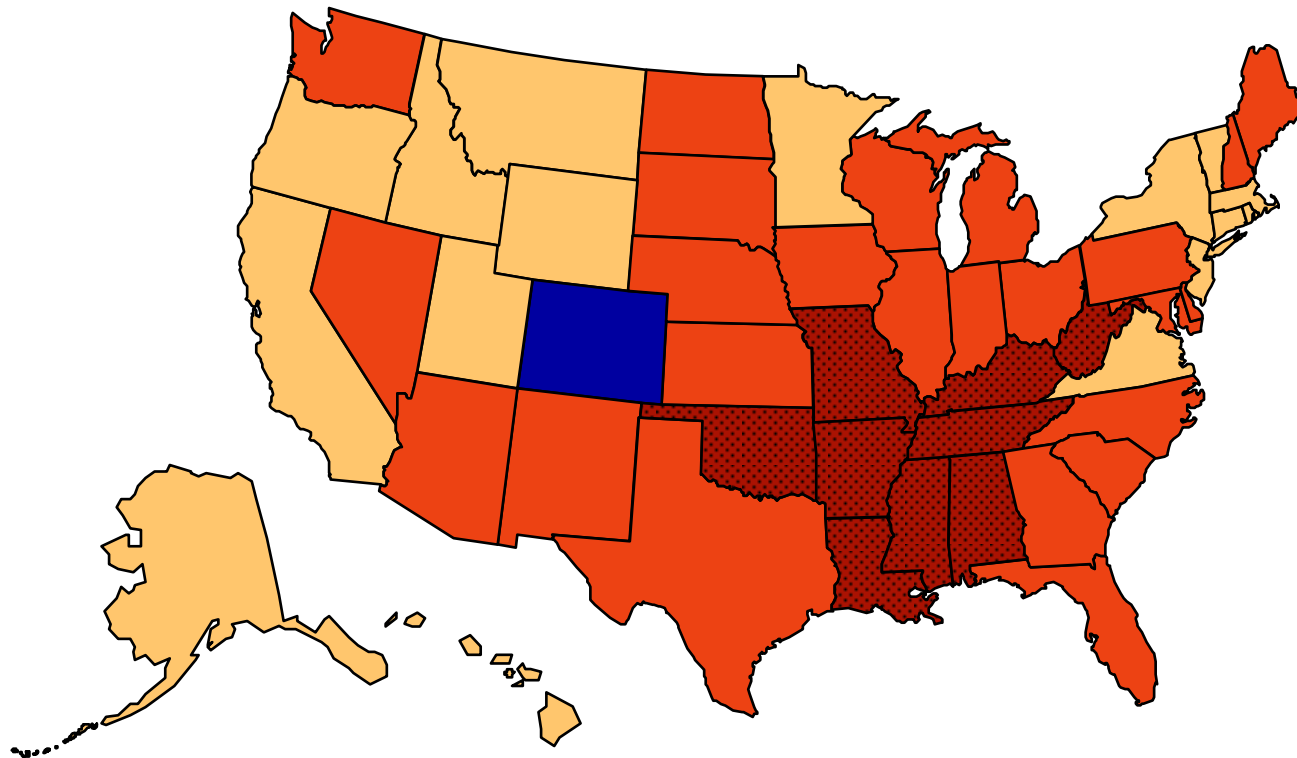
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2009

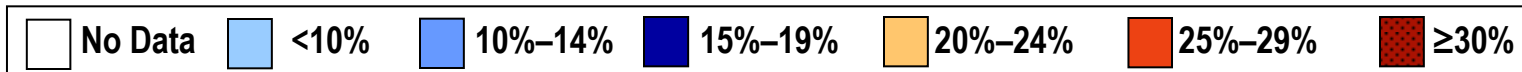
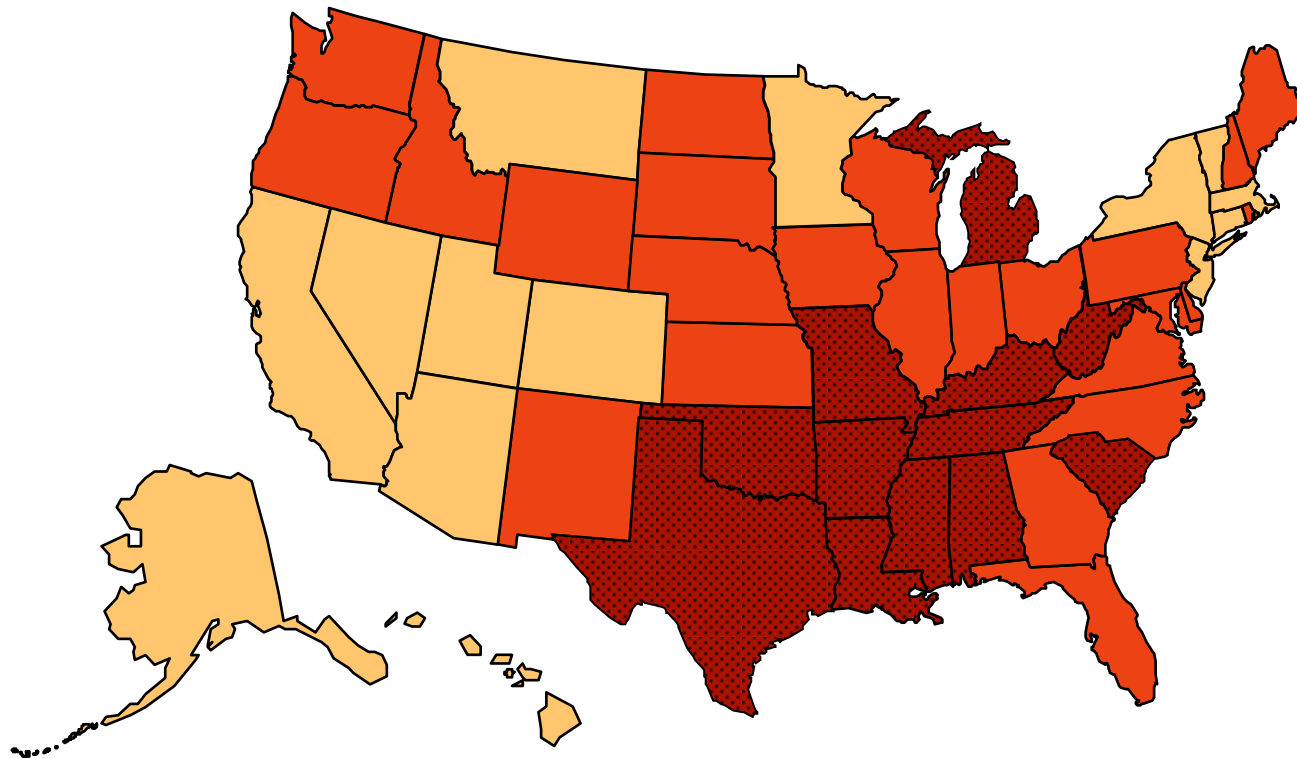
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2010

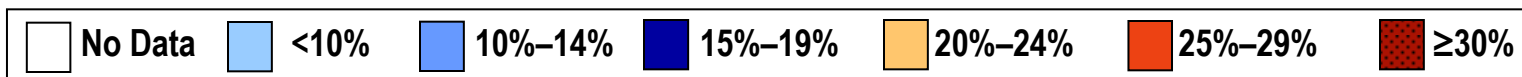
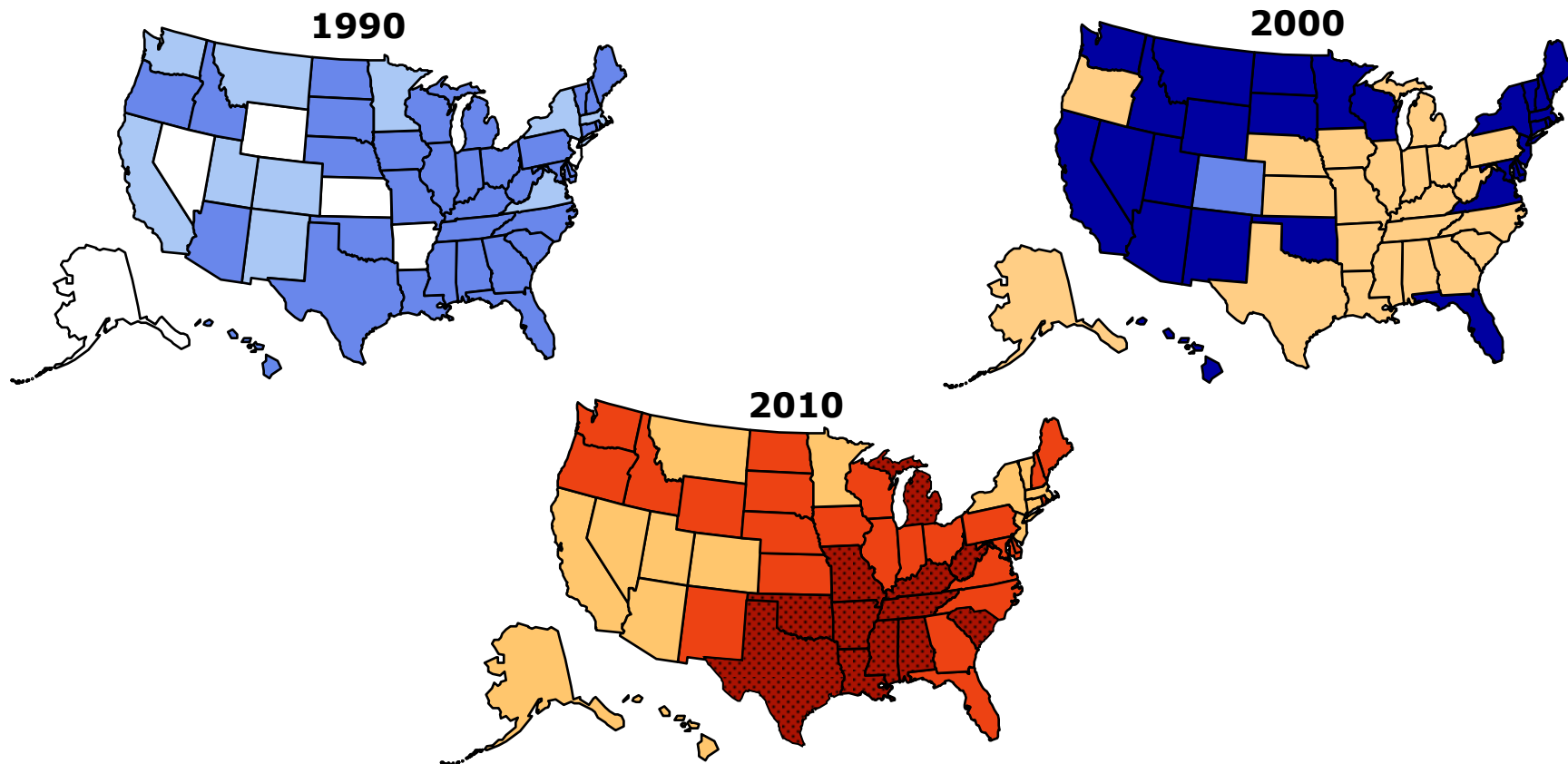
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



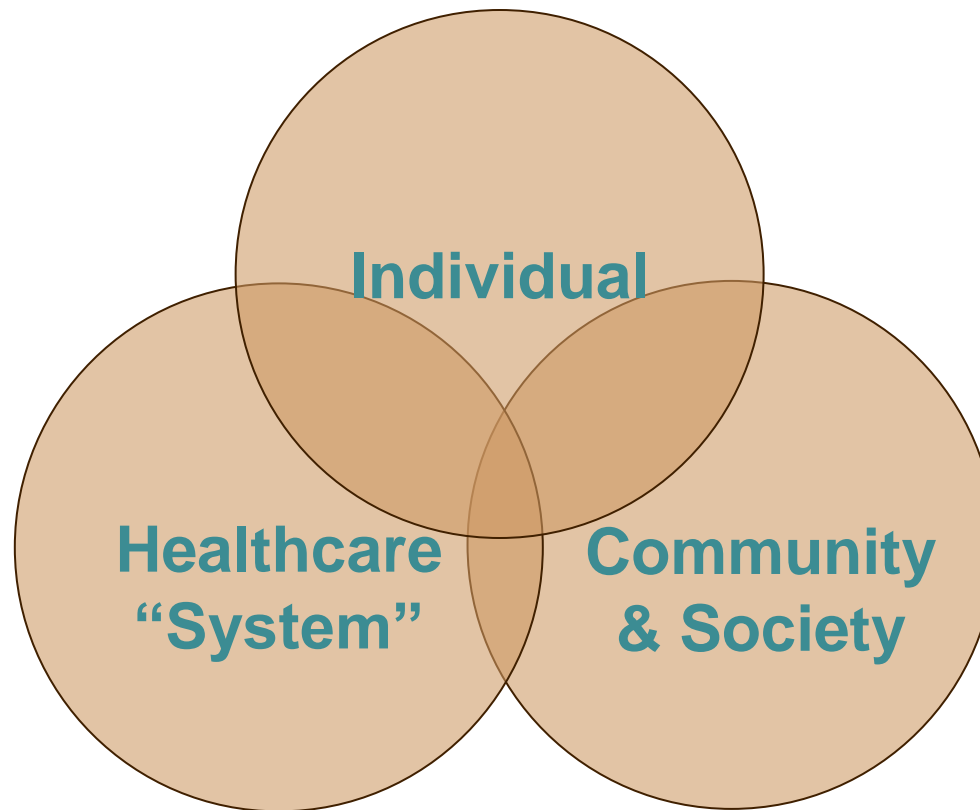
Obesity Trends* Among U.S. Adults

BRFSS, 1990, 2000, 2010

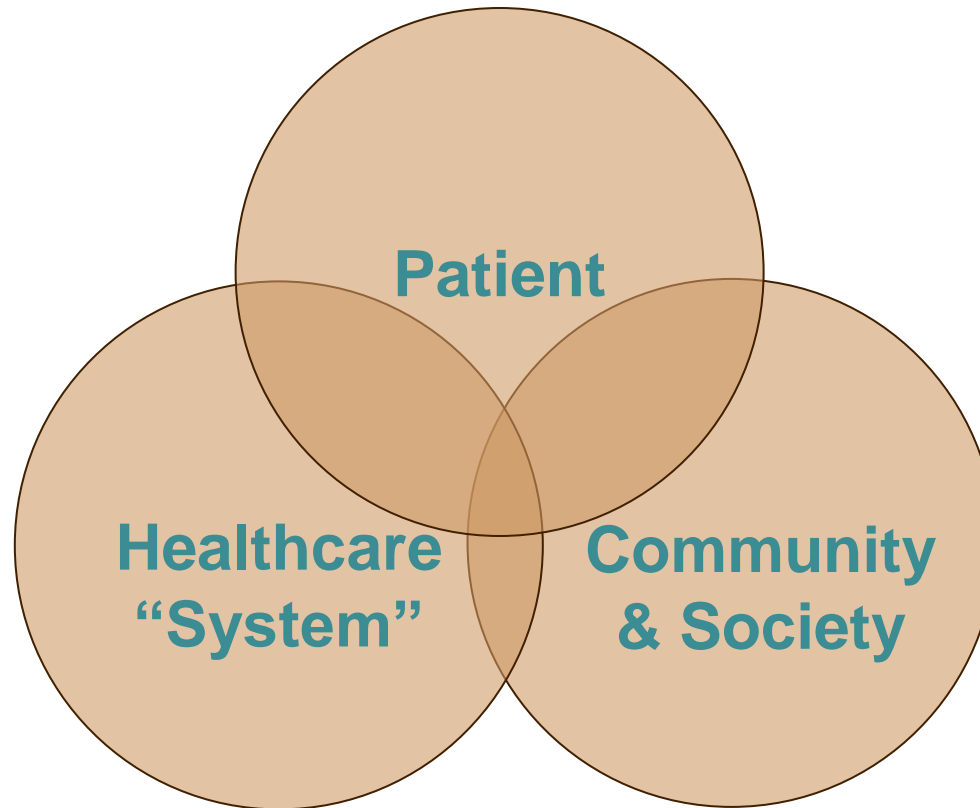
(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



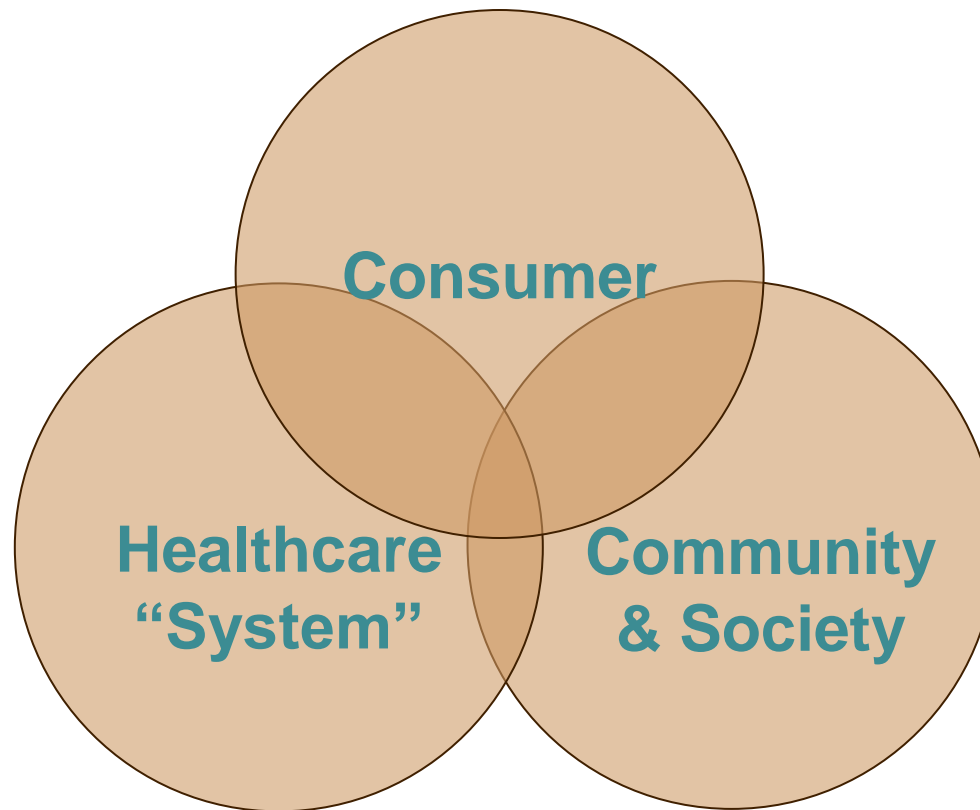
Health – A Systems Perspective



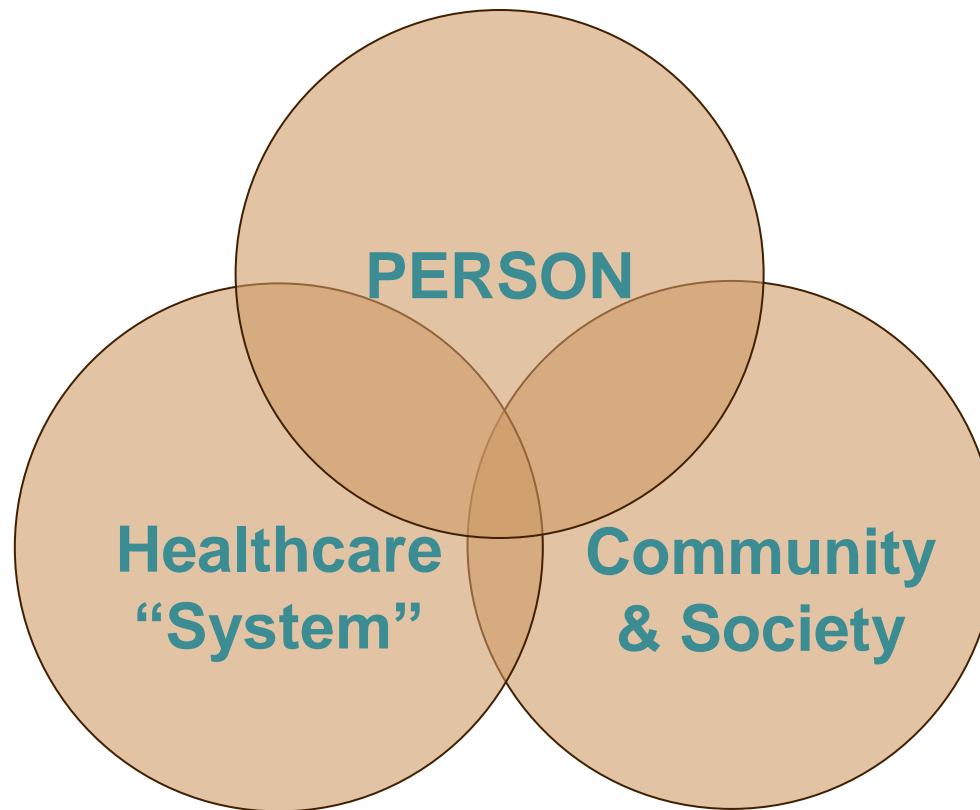
Health – A Systems Perspective



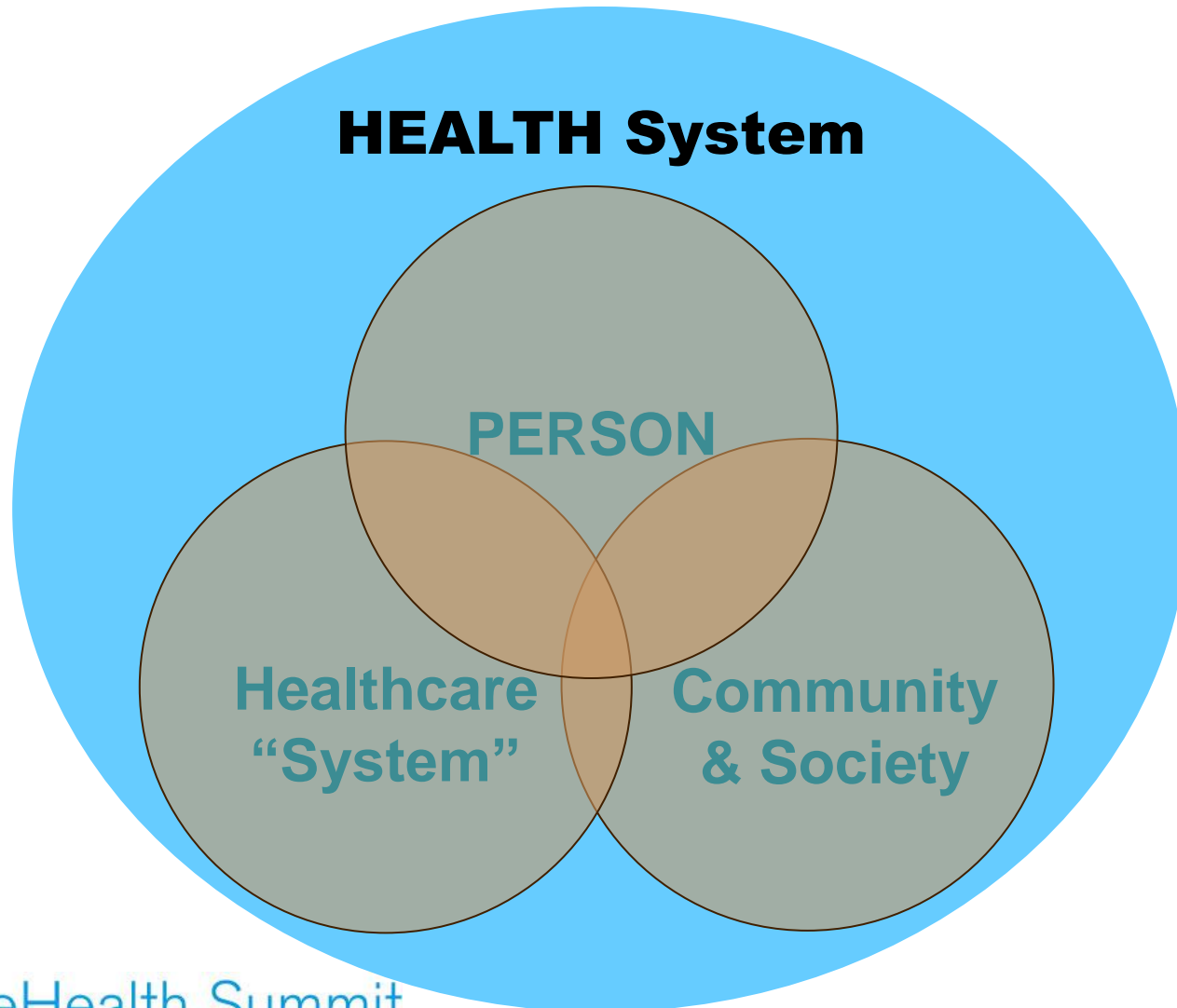
Health – A Systems Perspective



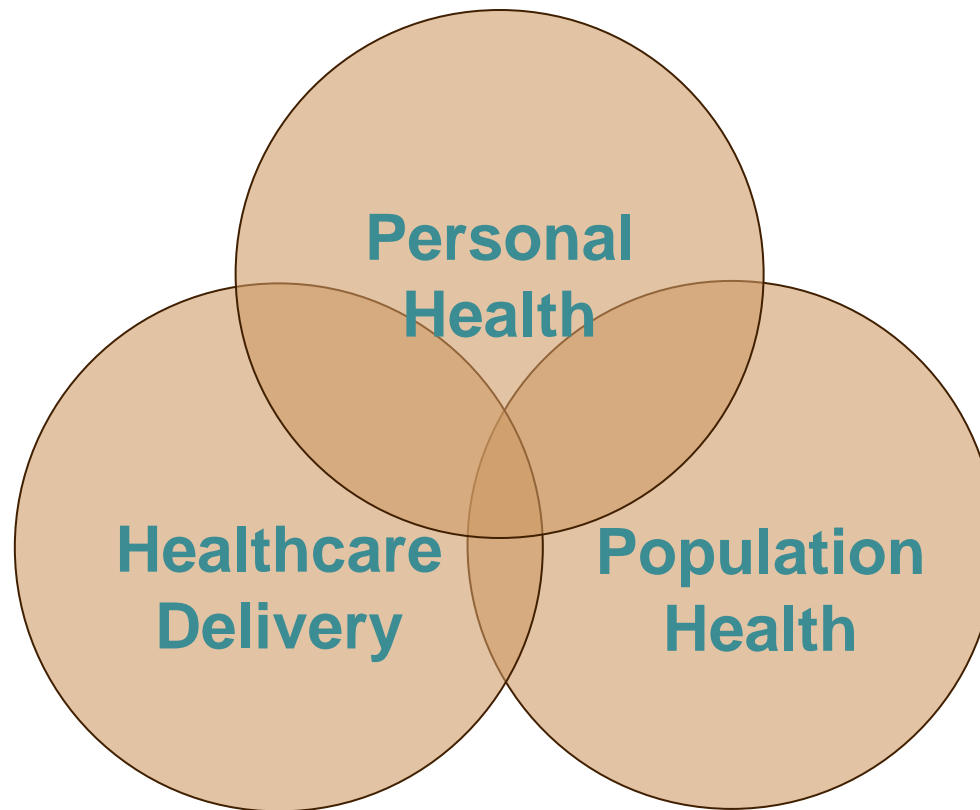
Health – A Systems Perspective



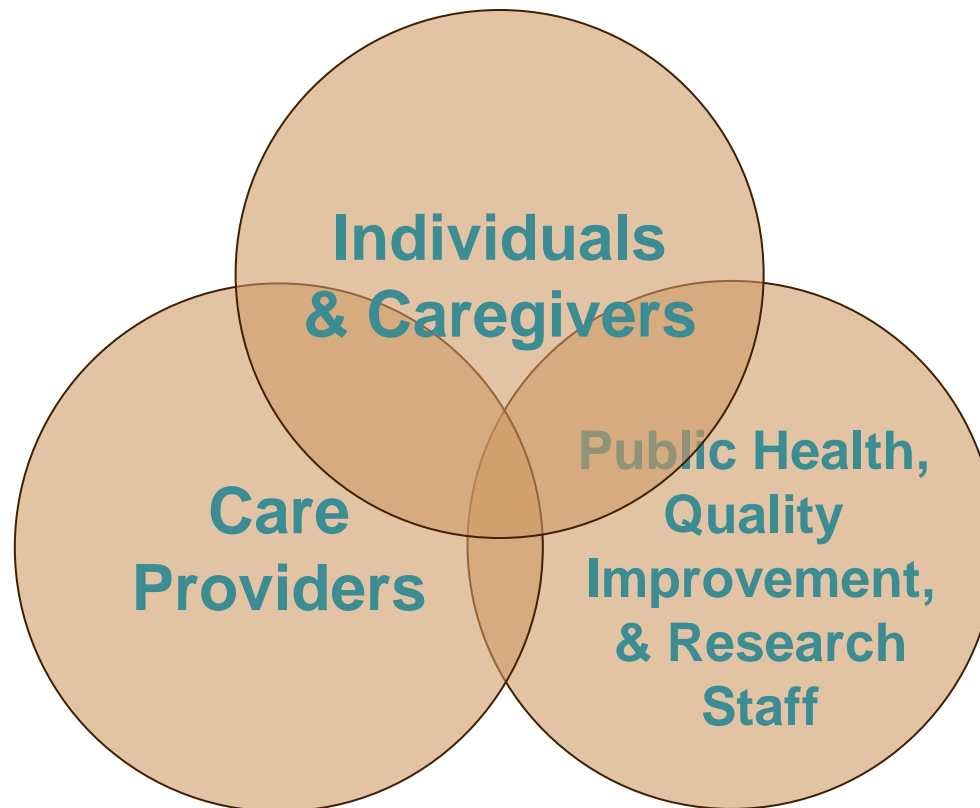
Health – A Systems Perspective



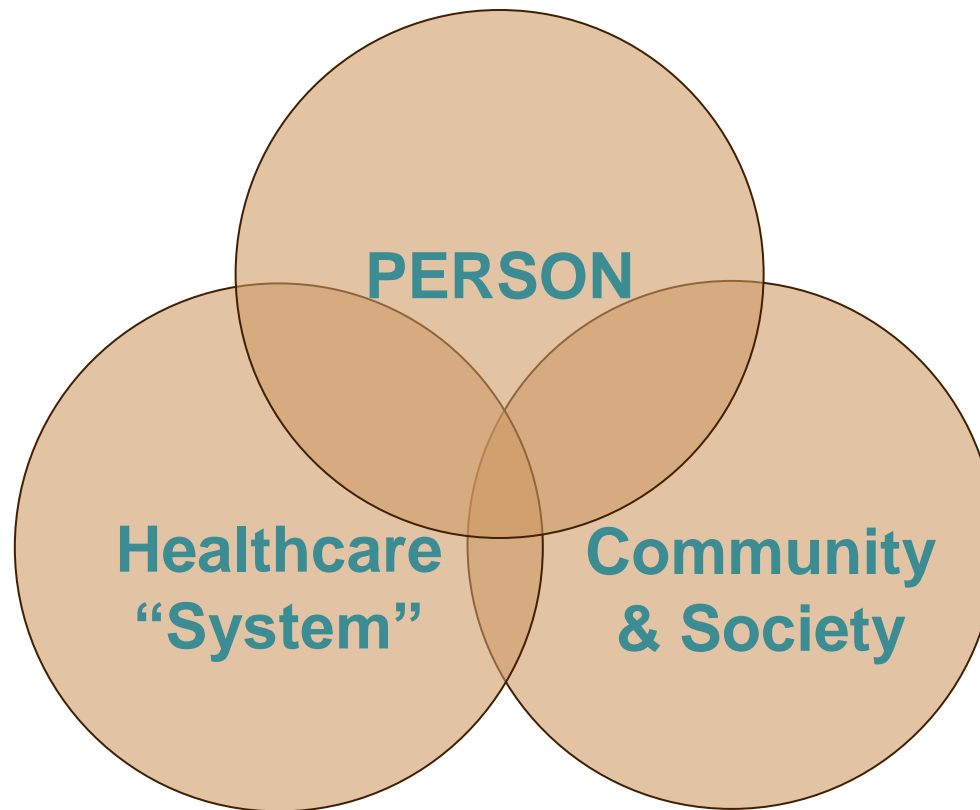
3 Health IT – Dimensions



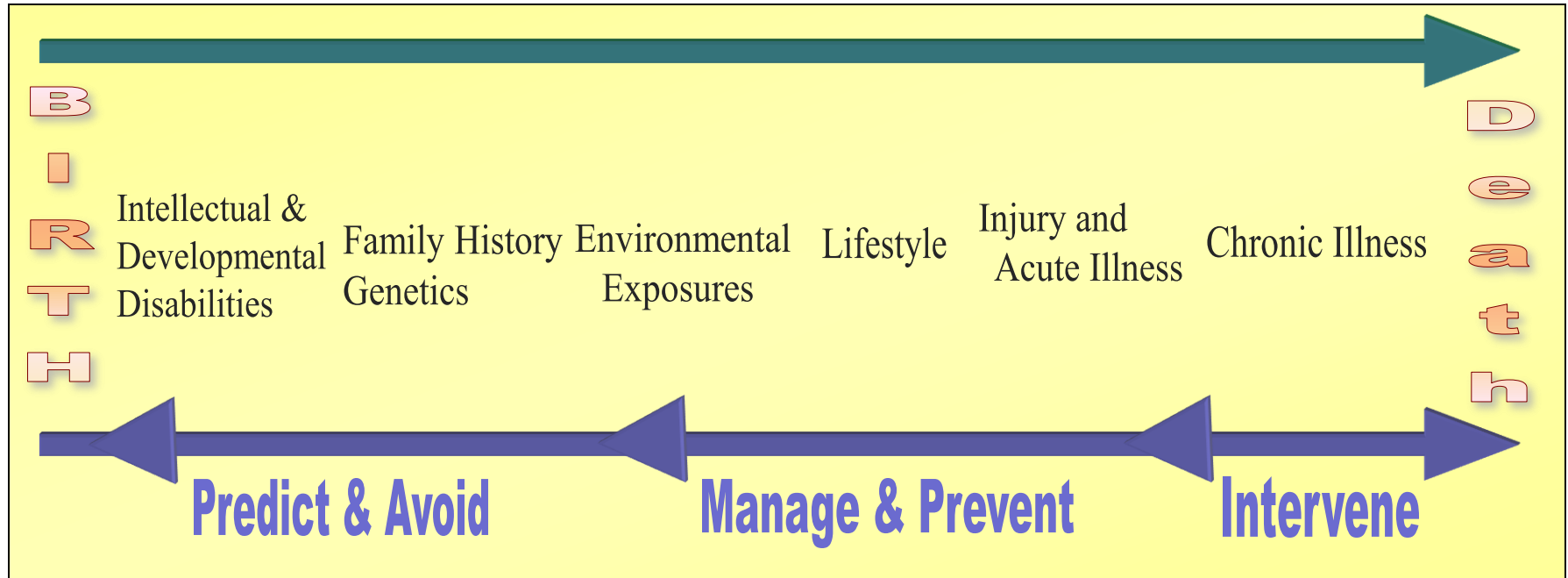
3 Health IT – User Groups



Health – A Systems Perspective



Transforming Health & Health Care: From Treating to Preventing to Predicting



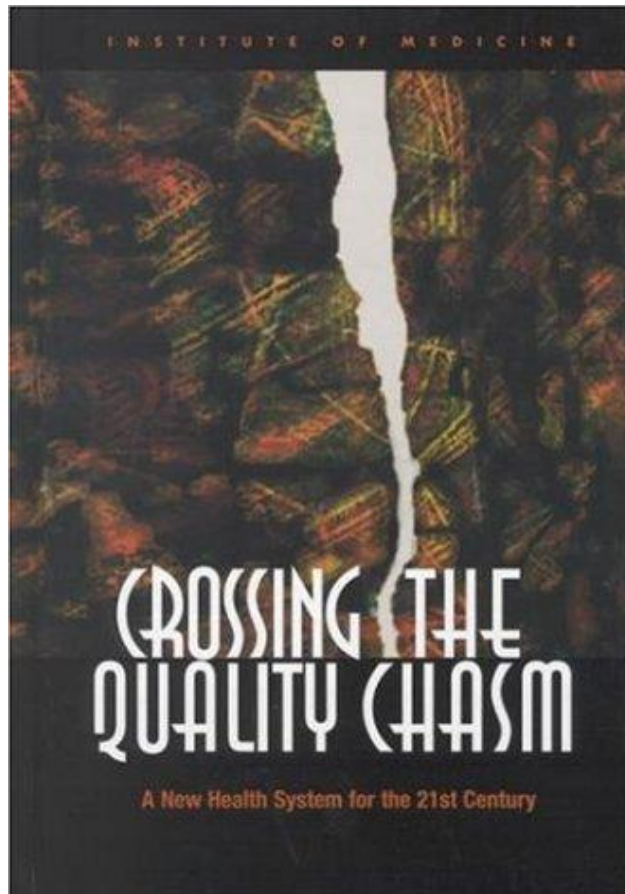
1. Adapted from Perlin, Dr. Jonathan B, *Healthcare 1015 & beyond: Some Thoughts on Planning Ahead*, p. 95

EMERGING CONCEPT:

A LEARNING HEALTHCARE SYSTEM ➔

A LEARNING HEALTH SYSTEM

Institute of Medicine - 2000



Appendix B

Redesigning Health Care with Insights from the Science of Complex Adaptive Systems

Paul Plsek

The task of building the 21st-century health care system is large and complex. In this appendix, we will lay a theoretical framework for approaching the design of complex systems and discuss the practical implications.

SYSTEMS THINKING

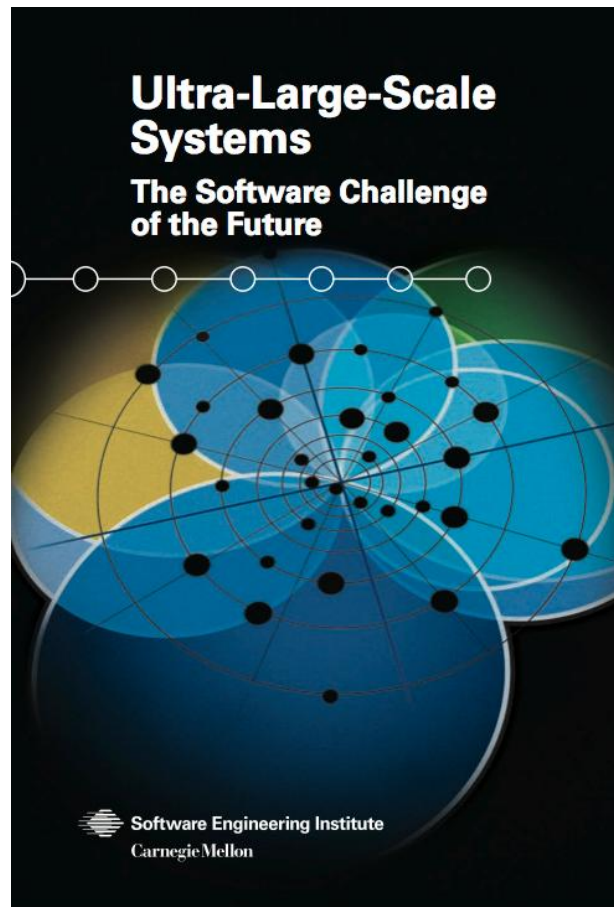
A "system" can be defined by the coming together of parts, interconnections, and purpose (see, for example, definitions proposed by von Bertalanffy [1968] and Capra [1996]). While systems can be broken down into parts which are interesting in and of themselves, the real power lies in the way the parts come together and are interconnected to fulfill some purpose.

The health care system of the United States consists of various parts (e.g., clinics, hospitals, pharmacies, laboratories) that are interconnected (via flows of patients and information) to fulfill a purpose (e.g., maintaining and improving health). Similarly, a thermostat and fan are a "system." Both parts can be understood independently, but when they are interconnected, they fulfill the purpose of maintaining a comfortable temperature in a given space.

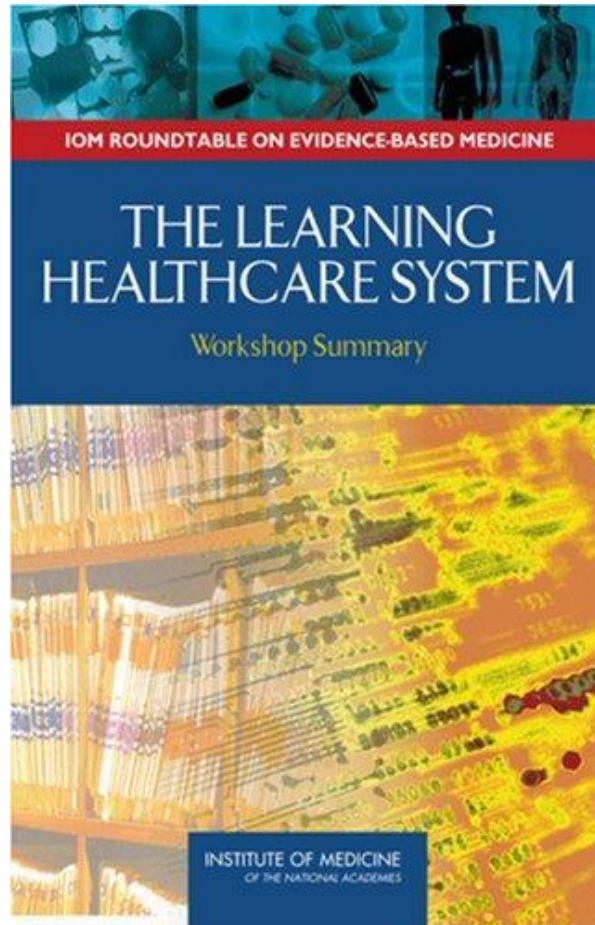
The intuitive notion of various system "levels," such as the microsystem and macrosystem, has to do with the number and strength of interconnections between the elements of the systems. For example, a doctor's office or clinic can be described as a microsystem. It is small and self-contained, with relatively few interconnections. Patients, physicians, nurses, and office staff interact to produce

Consultant, Paul E. Plsek and Associates, Inc., Roswell, Georgia.

Carnegie-Mellon SEI Report - 2006



Institute of Medicine - 2007



Institute of Medicine – “The Learning Health System Series”

Roundtable on Value &
Science-Driven Health Care

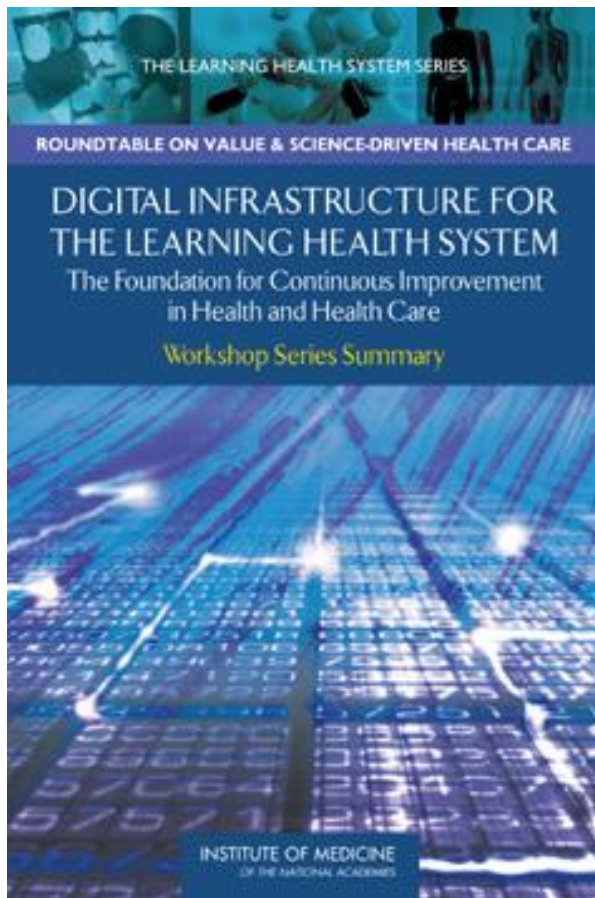
INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

Advising the nation • Improving health

The Learning Health System Series

Continuous improvement and
innovation in health and health care

Institute of Medicine - May 2011



BOX 9-3

Ultra-Large-Scale (ULS) System Characteristics

The ULS approach can be best described by a set of characteristics that tend to arise as a result of the scale of the system (in this case health and health care) rather than a prescriptive set of required components. Previous work on the ULS concept has identified the following key characteristics of ULS systems:

Decentralization: The scale of ULS systems means that they will necessarily be decentralized in a variety of ways—decentralized data, development, evolution, and operational control.

Inherently conflicting, unknowable, and diverse requirements: ULS systems will be developed and used by a wide variety of stakeholders with unavoidably different, conflicting, complex, and changing needs.

Continuous evolution and deployment: There will be an increasing need to integrate new capabilities into a ULS system while it is operating. New and different capabilities will be deployed, and unused capabilities will be dropped; the system will be evolving not in phases, but continuously.

Heterogeneous, inconsistent, and changing elements: A ULS system will not be constructed from uniform parts: there will be some misfits, especially as the system is extended and repaired.

Erosion of the people/system boundary: People will not just be users of a ULS system; they will be elements of the system, affecting its overall emergent behavior.

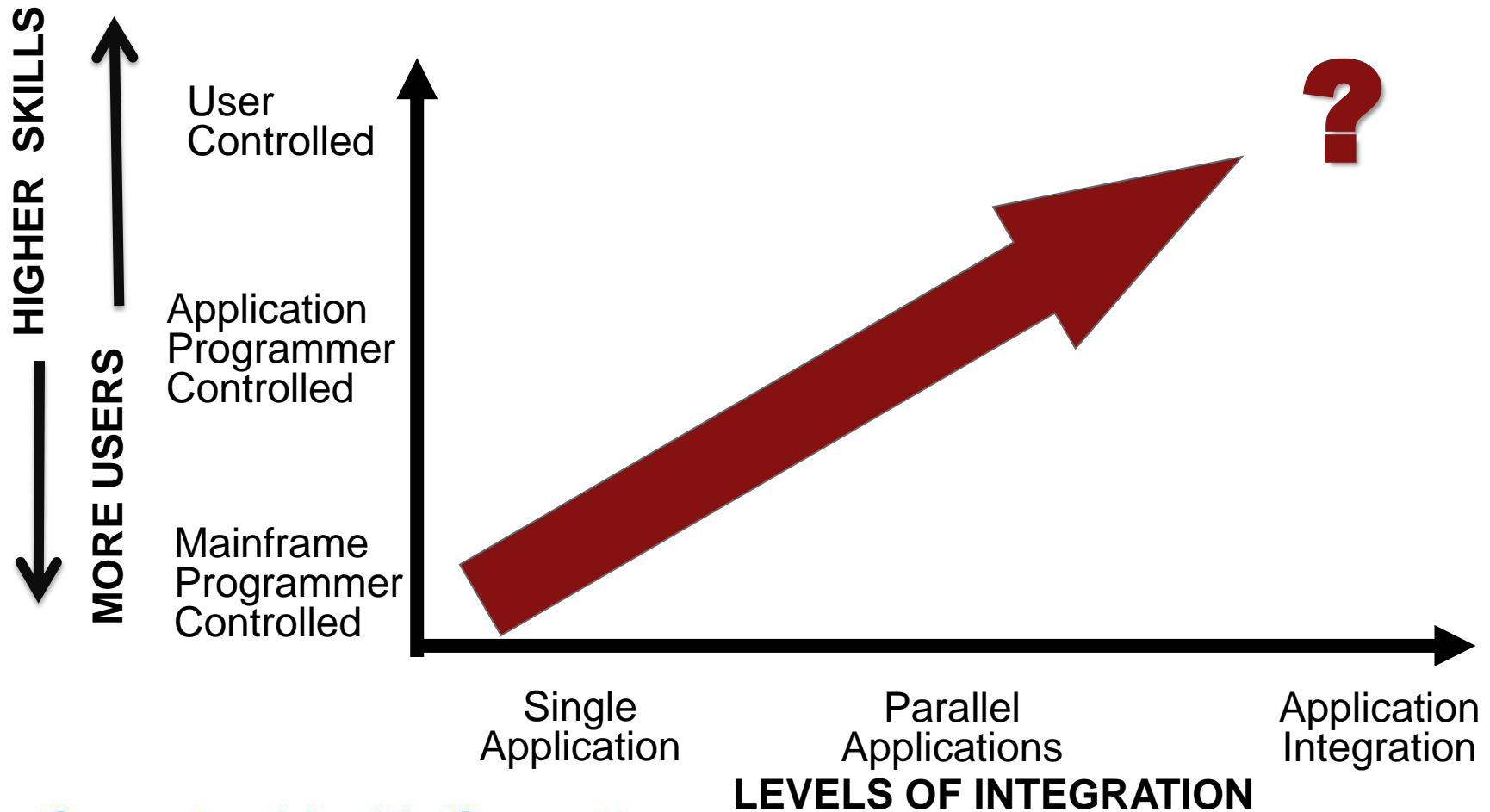
Normal failures: Software and hardware failures will be the norm rather than the exception.

New paradigms for acquisition and policy: The acquisition of a ULS system will be simultaneous with the operation of the system and require new methods for control.

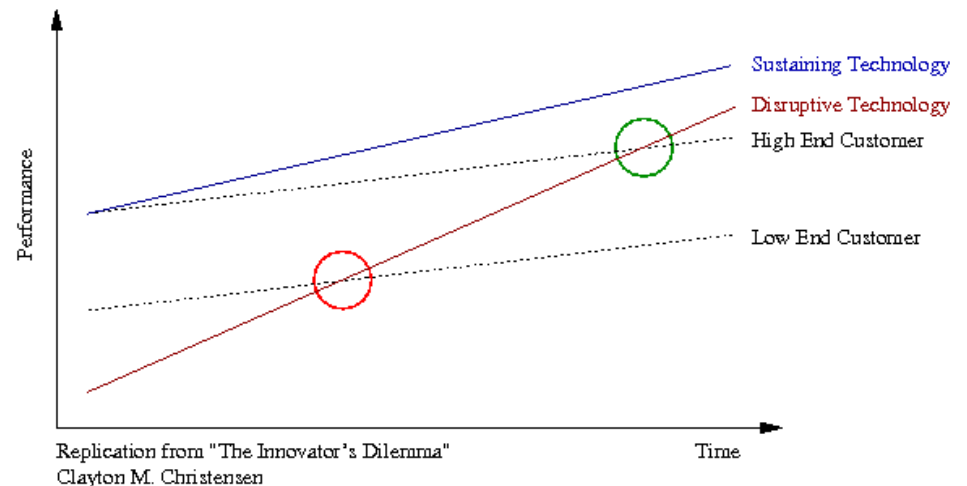
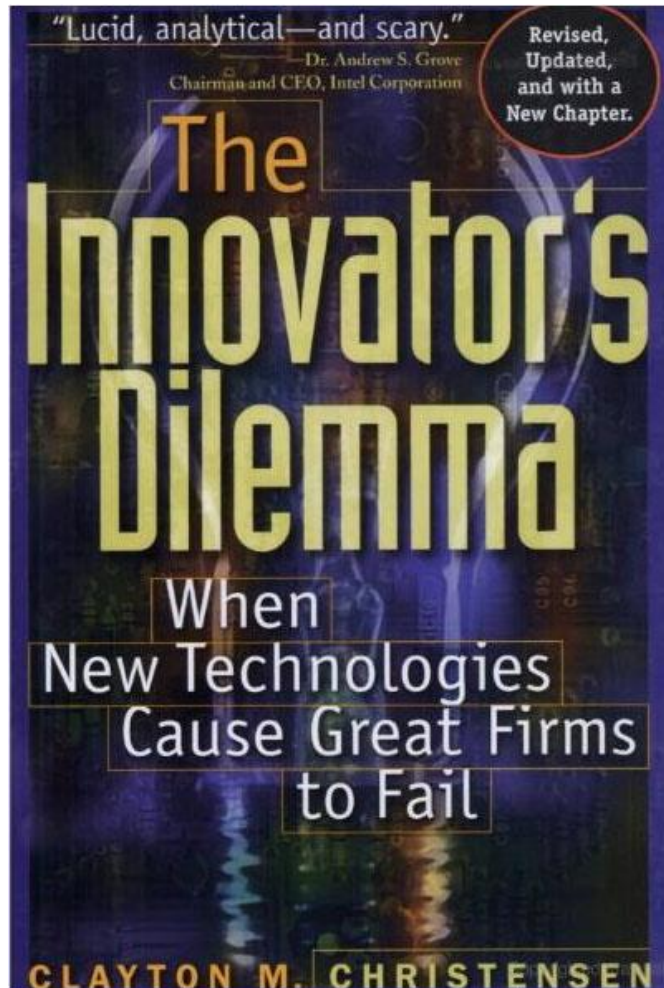
SOURCE: Northrop et al., 2006.

<http://www.iom.edu/Reports/2011/Digital-Infrastructure-for-a-Learning-Health-System.aspx>

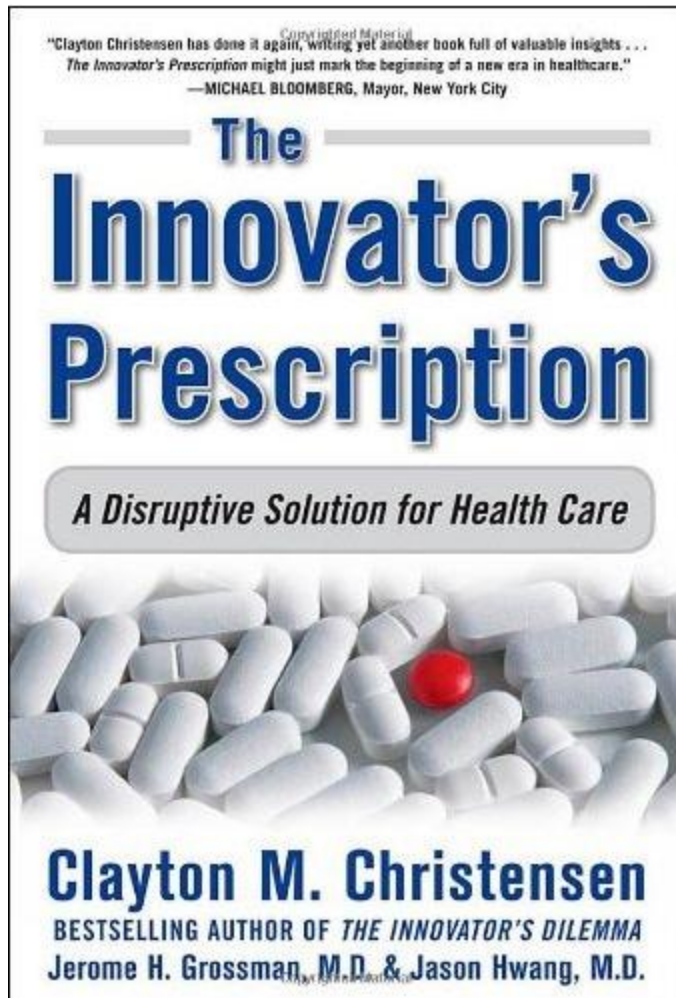
IT Technology Evolution



Disruptive Technologies



Applied to Healthcare



Markets are disrupted—and products
“go viral” that are

**faster,
easier,
cheaper, &
more convenient**

than previous ones

Perspective of People on Their Future Health Care



- **Stay Healthy**
 - Prevention
- **Increased Self-Care**
 - Personal Health support
- **Convenient Care**
 - Minimize time and travel
 - Tele-care
 - Tele-monitoring
- **High Quality, Coordinated Care**
 - Enable care across providers & sites
 - Allow access to a lifetime of information – wherever and whenever **THEY** choose

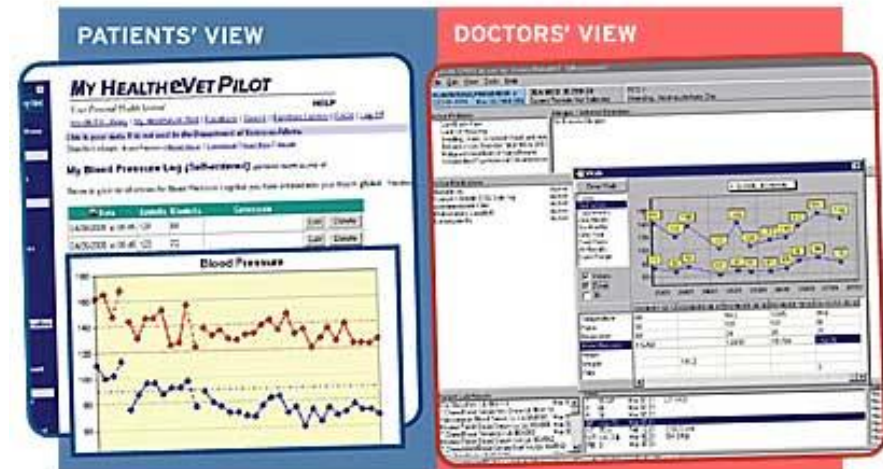
Better Health

Taking Charge of His Health(Care) with a PHR

- WHO
 - Orlando Sellers, 57 a Vietnam War Vet, and human resources specialist at the VAMC, Washington, DC
- WHAT
 - Sellers can pull up his electronic medical record in My Health_eVet and enter his daily blood pressure reading. If he sees it spiking he can send an email to his doctor who may then ask him to come in for a brief check-up.
- WHAT THEY SEE
 - Patients view the basic information in their record, but clinicians get much greater detail. The charts show the difference between their views.



Consumer Reports
March 2006



Patients Like Me

Treatment and Side Effect Info from Patients Like You : PatientsLikeMe

http://www.patientslikeme.com/

patientslikeme®

Username or Email Password Login

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SusyQ shared an InstantMe score

107,993 patients
500+ conditions

Who's like you?

Share your experience.
The more you share, the easier it will be to find patients like you. Start by adding a condition, symptom or treatment.

I have
Type at least 3 letters of a condition

I take
Type at least 3 letters of a treatment

I am Male Female

My Age
0 20 30 40 50 60 100

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Join PatientsLikeMe.

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The “Quantified Self” Movement

The Quantified Self and the Future of Health Care | The Health Care Blog

http://thehealthcareblog.com/blog/2011/05/12/the-quantified-self-and-the-futu Reader Google

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TRENDING TOPICS: ELECTRONIC HEALTH RECORDS | HEALTH 2.0 | MEANINGFUL USE |

The Quantified Self and the Future of Health Care

By GARY WOLF

The **Quantified Self** is a global collaboration of users and tool-makers interested in the personal meaning of personal data. There are now Quantified Self groups in more than twenty cities around the world. Our inspiration is the Homebrew Computer Club. Once upon a time, computers were thought to be useful only for scientists, managers, and planners. But a few people saw things differently: they argued that computers were for all of us. That notion seemed very strange. What would an ordinary person do with a computer? But it turned out that the personal uses of computers were not just an important use, but the most important use.



2 Responses

IN THE PRESS

"A must-read blog ..."
- *The Wall Street Journal*

"Learn more in ten minutes than you could reading your local paper for a week."
- *Industry Insider*

- Read more...

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Psychology Today

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BLOGS

Personal Science

Self-Experimentation, Food and Health
by Seth Roberts

Growth of Quantified Self

The First Quantified Self conference will be in May.
Published on February 23, 2011 by Seth Roberts in Personal Science

Monitor / Track / Help Sleep

fitbit

Help | Log In | Sign Up

HOME FEATURES BLOG ABOUT BUY NOW COMMUNITY

fitbit automatically tracks your
fitness & sleep

Did I get enough exercise today?
How many calories did I burn?
Am I getting good rest?

Sleep Pattern

You went to bed at	Time to fall asleep	Times awakened	You were in bed for	Actual sleep time
12:05am	23min	12	8hrs 2min	7hrs 42m

zeo home what is zeo? what users are saying SIGN IN FOR myZeo support buy now

Sign up for FREE Sleep Fitness® Tips emails and FREE Information Kit
We'll never share your email address or spam you. Read our [privacy policy](#).

email address sign up

personal sleep coach
Receive **personalized coaching** via email that will provide unique techniques, tools and tips based on your patterns and lifestyle.

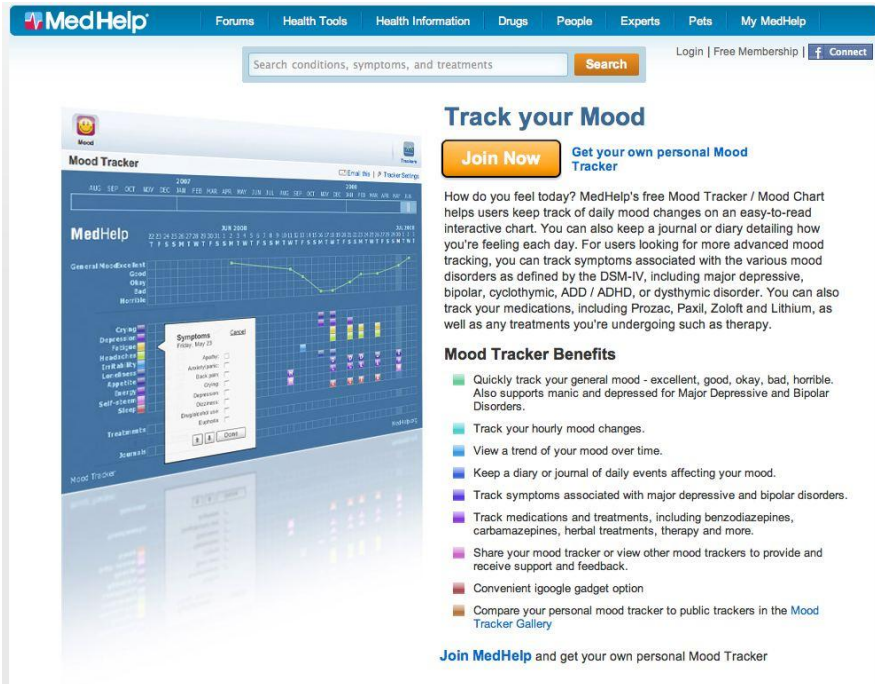
From: Zeo Sleep Coach
Subject: Step 1: Evaluate your Sleep Fitness
Date: 00/00/00
To: Zeo Customer

zeo Coaching

steps 1 2 3 stories

Below is your interactive sleep diary

Your Mood



MedHelp Forums Health Tools Health Information Drugs People Experts Pets My MedHelp

Search conditions, symptoms, and treatments **Search** Login | Free Membership | **Connect**

Track your Mood

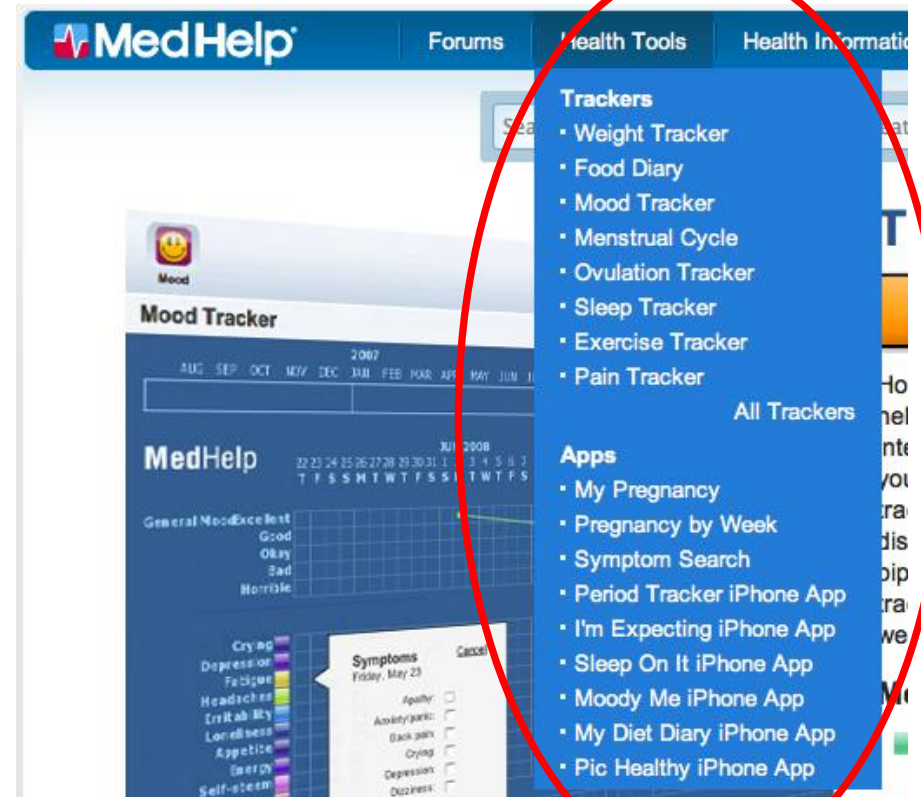
Join Now Get your own personal Mood Tracker

How do you feel today? MedHelp's free Mood Tracker / Mood Chart helps users keep track of daily mood changes on an easy-to-read interactive chart. You can also keep a journal or diary detailing how you're feeling each day. For users looking for more advanced mood tracking, you can track symptoms associated with the various mood disorders as defined by the DSM-IV, including major depressive, bipolar, cyclothymic, ADD / ADHD, or dysthymic disorder. You can also track your medications, including Prozac, Paxil, Zoloft and Lithium, as well as any treatments you're undergoing such as therapy.

Mood Tracker Benefits

- Quickly track your general mood - excellent, good, okay, bad, horrible. Also supports manic and depressed for Major Depressive and Bipolar Disorders.
- Track your hourly mood changes.
- View a trend of your mood over time.
- Keep a diary or journal of daily events affecting your mood.
- Track symptoms associated with major depressive and bipolar disorders.
- Track medications and treatments, including benzodiazepines, carbamazepines, herbal treatments, therapy and more.
- Share your mood tracker or view other mood trackers to provide and receive support and feedback.
- Convenient igoogle gadget option
- Compare your personal mood tracker to public trackers in the Mood Tracker Gallery

[Join MedHelp](#) and get your own personal Mood Tracker



MedHelp Forums Health Tools Health Information

Search

Mood Tracker

2007

2008

General Mood/Excitement

Good
Okay
Bad
Horrible

Crying
Depression
Fatigue
Headaches
Irritability
Loneliness
Appetite
Energy
Self-esteem

Symptoms
Friday, May 23

Apathy
Anxiety/panic
Back pain
Crying
Depression
Dizziness

Trackers

- Weight Tracker
- Food Diary
- Mood Tracker
- Menstrual Cycle
- Ovulation Tracker
- Sleep Tracker
- Exercise Tracker
- Pain Tracker

All Trackers

Apps

- My Pregnancy
- Pregnancy by Week
- Symptom Search
- Period Tracker iPhone App
- I'm Expecting iPhone App
- Sleep On It iPhone App
- Moody Me iPhone App
- My Diet Diary iPhone App
- Pic Healthy iPhone App

And Lots More – And this is just one Web Site!

MedHelp Forums Health Tools Health Information Drugs People Experts Pets My MedHelp

Search conditions, symptoms, and treatments Login | Free Membership

Health Tools

Search for a Health Tool

- Healthy Living**
 - Weight
 - Exercise
 - Food Diary
 - My Diet Diary (iPhone)
 - Pic Healthy (iPhone)
 - Nutrition Search
 - Mood
 - Sleep
 - Water Consumption
 - Temperature
 - Complete Blood Count
 - Sleep On It (iPhone)
- Women's Health**
 - Menstrual Cycle
 - My Cycles (iPhone)
 - Ovulation
 - Menopause
- Maternal & Child**
 - Pregnancy
 - My Pregnancy
 - Pregnancy Week by Week
 - Baby
 - My Baby Bump
 - Baby Bump Gallery
 - I'm Expecting (iPhone)
- Chronic Conditions**
 - Pain
 - CFS/FMS
- Heart Health**
 - Blood Pressure
 - Cholesterol
 - Heart Rhythm
- Mental Health**
 - Mood
 - Moody Me (iPhone)
 - Anxiety/Panic
- Brain & Nervous System**
 - Headache/Migraine
 - Dysautonomia
- Digestive**
 - Gastro
 - Crohn's/Ulcerative Colitis
- Liver & Kidney**
 - Hepatitis C
 - Kidney Function
- Other Conditions**
 - Addiction Recovery
 - Asthma
 - Diabetes
 - Thyroid Disorder
- General Tools**
 - Symptom Checker
 - Drug Interaction Checker
 - Pill Finder
- Immune System**
 - Allergy
 - Autoimmune Disorder
 - HIV


Tools

Trackers

Trackers

- Addiction Recovery Tracker**
Tracks consumption of addictive substances and how long you've been substance-free
- Allergy Tracker**
Tracks symptoms and treatments relating to Allergy
- Anxiety/Panic Tracker**
Tracks symptoms, causes and treatments relating to anxiety and panic attacks
- Asthma Tracker**
Tracks asthma attacks and peak flow
- Autoimmune Disorder Tracker**
Track symptoms and treatments related to a number of autoimmune disorders, including Lupus erythematosus, Addison's Disease, Hashimoto's Disease, Rheumatoid arthritis, Sjogren, and Grave's Disease.
- Baby Tracker**
Tracks baby's height and weight, immunizations, and milestones
- Blood Pressure Tracker**
Tracks your blood pressure over time
- CFS/FMS Tracker**
Tracks symptoms and treatments relating to Chronic Fatigue Syndrome and Fibromyalgia.
- Chemotherapy Tracker**
Tracks symptoms and treatments relating to chemotherapy in cancer patients
- Cholesterol Tracker**
Tracks your cholesterol over time
- Crohn's/Ulcerative Colitis Tracker**
Tracks symptoms and treatments relating to Crohn's Disease and Ulcerative Colitis
- Complete Blood Count Tracker**
Tracks results of CBC test, including WBC, RBC, hemoglobin, and platelets.
- Dysautonomia Tracker**
Tracks symptoms and treatments relating to Dysautonomia
- Diabetes Tracker**
Tracks glucose levels, HbA1c, carbohydrates and symptoms and treatments related to diabetes.
- Food Diary**
Track foods and beverages consumed in daily meals along with an automatic calculation of calories and nutritional value.
- Exercise Tracker**
Tracks duration and type of exercise activity
- HIV Tracker**
Tracks HIV viral load, CD4, and other symptoms
- Gastro Tracker**
Tracks symptoms and treatments relating to gastrointestinal issues
- Heart Rhythm Tracker**
Tracks occurrence and intensity of heart arrhythmia, tachycardia, bradycardia, and flutters
- Headache/Migraine Tracker**
Tracks symptoms and treatments relating to Migraines
- Kidney Function Tracker**
Tracks GFR, and symptoms and treatments related to kidney function
- Hepatitis C Tracker**
Tracks viral load and various other HCV symptoms
- Menopause Tracker**
Tracks symptoms and treatments associated with menopause.
- Menstrual Cycle Tracker**
Tracks symptoms and treatments associated with the menstrual cycle.


And Tie into Social Media


tweetwhatyoueat!


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The Easiest Food Diary you will ever keep



Setup your own Twitter-based food diary in moments








Track what you eat and your weight through your mobile phone or the web




Enter calories, foods you know, have CrowdCal fill in the blanks


recently tweeten

	user	just ate	calories	when
	cettevieverte	mini bagel & ff cream cheese	200	6 minutes
	cettevieverte	falafel wrap	500	6 minutes
	hannahsilver	raisins	80	6 minutes
	emariel	Peanut butter and jelly sandwich	400	13 minutes
	emariel	Chips and Salsa	200	13 minutes


Apps & Mobile




My Cycles (iPhone)
Track and predict your future periods. If you are trying to conceive, advanced features will help you track ovulation signs to increase your chance of pregnancy




Sleep On It (iPhone)
Set your alarm and with one tap, record hours slept. Then add info about sleep quality, mood, and meds to see what affects your sleep




My Diet Diary (iPhone)
The ideal weight loss app to help you shed those unwanted pounds for good! Track your food, exercise, weight, and water consumption.




I'm Expecting (iPhone)
The most comprehensive way to track, monitor your pregnancy and share information with your physician



Moody Me (iPhone)
Have more happy days! Track your mood with the Moody Me mood tracker app to find out what makes you feel good.



Pic Healthy (iPhone)
Makes healthy eating fun and easy! Take pictures of your food, rate how healthy or unhealthy it is and let your friends be the judge!



see how it works!

1994 - Did You Know What the Future Was Going to Look Like?



Notable Quote – W. Edwards Deming



“You don’t have to change;
survival is not
mandatory.”



Created by Joe Chianakas

Transforming Health



The “locus of control” is changing.

And the Future Health System
We Unleash When We Finally
Have the Technology Tools
We've Been Dreaming About?

It's UNIMAGINABLE!!



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Open Health Tools, Inc.

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